Hannaford

fresh®

FOR THE LOVE OF FOOD

FARMERS AT OUR MARKETS

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Easy to prepare and ready in no time

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Smithfield®

Cooks *with* Paula Deen™

PAULA DEEN

Jambalaya

1/2 pound Smithfield Smoked Sausage, cut into 1/4-inch slices
2 1/2 cups water
1 (14 ounce) can diced tomatoes
1 (8-ounce) can tomato sauce
1 bay leaf
3 tablespoons dried minced onion
1 teaspoon dried thyme leaves
1 teaspoon garlic powder
1 tablespoon dried parsley flakes
1 teaspoon cayenne pepper
3 beef bouillon cubes crumbled
1 teaspoon salt
1 cup long-grain rice
1/2 to 3/4 pound medium fresh shrimp peeled and deveined

In a Dutch oven add water tomatoes tomato sauce. Add dry ingredients smoked sausage and rice. Bring mixture to a boil over medium-high heat. Cover reduce heat and let simmer for 20 minutes. Add shrimp and cook for an additional 5 minutes, or until shrimp are pink. You do not want to overcook the shrimp.

PAULA DEEN

Roast Pork with Plum Sauce

Roast:
1 5 pound Smithfield Pork Loin roast
2 cloves garlic slivered
2 teaspoons salt
2 teaspoons dried or fresh rosemary
1 1/2 teaspoons dried oregano
1 1/2 teaspoons dried thyme
1 1/2 teaspoons rubbed sage
1/4 teaspoon pepper
1/4 teaspoon freshly grated nutmeg

Plum Sauce:
2 tablespoons butter
3/4 cup chopped onions
1 jar plum preserves
2/3 cup water
1/2 cup packed brown sugar
1/3 cup white sugar
1/4 cup soy sauce
2 tablespoons prepared mustard
3 drops Tabasco sauce
2 tablespoons fresh lemon juice
Garlic salt to taste

To make the sauce melt the butter in a saucepan, add the onions and saute until tender. Add the remaining ingredients and simmer for 15 minutes. Set aside. Preheat oven to 325 degrees F. Moisten the roast with a damp paper towel to help hold the seasonings. In a small bowl stir together the garlic salt herbs and spices with a spoon until make 1/2 inch deep slits in the top of the roast. Press the seasonings mixture into the slits and rub the remainder over the entire roast. Place the roast in a roasting pan and pour 1/2 cup plum sauce over. Cover and bake for 2 1/2 hours. Uncover and roast and baste it with additional plum sauce, bake for 30 minutes. Prior baking 2 or 3 times until the roast is closely browned. Serve the remaining plum sauce on the side for dipping. Serving Suggestion: Serve with grilled potato wedges fresh green beans and French bread with a roasted garlic bulb

PAULA DEEN

Lady and Sons Fried Pork Chops

6 Smithfield Pork Chops
6 cups vegetable oil
2 (tablespoons House Seasoning, recipe follows, divided
1/2 teaspoon seasoned salt
1 cup buttermilk
1 cup all-purpose flour

Heat oil in a large, heavy bottomed pot to 350 degrees F. Sprinkle the seasonings on both sides of the pork chops, rubbing them slightly into the meat. Pour buttermilk over meat and turn to coat on all sides. Season flour generously with House Seasoning. Roll each chop into flour and shake off the excess. Carefully place the chops 2 at a time into the hot oil and cook until the outside is golden brown. Take 1 chop out and make a small cut at the thickest part to check for doneness; adjust time accordingly for the rest. Drain on paper towels before serving.

House Seasoning: 1 cup salt 1/4 cup black pepper 1/4 cup garlic powder Mix ingredients together and store in an airtight container for up to 6 months

PAULA DEEN

Bacon Wraps

12 slices Smithfield Naturally Hickory Smoked bacon
1 cup grated Parmesan cheese
2 teaspoons garlic salt or powder
Twenty-four 4 ½ inch long sesame breadsticks (one package)

Preheat oven to 350 degrees F. Mix Parmesan cheese with garlic salt or powder in a shallow bowl and set aside. Cut the slices of bacon in half so that each is approximately 5 inches long. Wrap one piece of bacon around a breadstick, starting at one end of breadstick and finishing at other end (I find that bacon adheres to sesame breadsticks better than plain breadsticks). Place in cookie sheet lined with parchment paper. Repeat this process using all of breadsticks. Bake for approximately 15 minutes, or until bacon is browned. Remove from cookie sheet and immediately roll bacon wraps in cheese mixture. Let cool and serve at room temperature.

Visit Smithfield.com to watch great recipe videos from Paula.

Paula

Hannaford

fresh

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When it comes to food choice is good. But sometimes we don't even realize we have a choice. Ten brands on the shelf which one should we buy? Which one offers the most nutrition? A little over a year ago we introduced Guiding Stars℠ to help our customers answer just those kinds of questions — to find foods with the most nutritional value for the calories. A revolutionary navigation guide, Guiding Stars works on a simple scale of one, two or three star ratings — the more stars, the more nutritional value a product has. What it wasn't designed to do, of course, is tell people how to eat. That's a choice. Every diet is a balance, and Guiding Stars helps to manage that balance.

How are we doing, one year later? Guiding Stars has made an impression. You've told us how the star rankings have helped you choose better foods for yourself and your family, and we've seen a definite bounce in sales of products with star ratings. Clearly we think something special is going on here. Still, it's not just about selling more groceries. It's about providing a service that no other supermarket offers. It's about choice. Read more in "For Your Health."

We talk a lot about fresh ingredients in this magazine because they're the foundation of a healthy diet, certainly but also because they just plain taste better. At Hannaford, we like to offer a lot of local foods because local is almost always fresher. Given a choice (there it is again), we'll take local every time. We have long-standing relationships with hundreds of local growers and producers, and "Local Flavors" introduces just a few. Meet some of the local farms and greenhouses that make our Harvest Markets look so good. And this being the Northeast, we can't talk about fresh without mentioning our world-class fresh seafood packed with great taste and a remarkable number of health benefits. Get the facts (and some very fresh recipes) in this issue's "Meals in Minutes: Super Seafood."

With this issue, "Kids Corner" expands to a full department with some tasty and family-friendly fall recipes. Elsewhere in this issue, "Hot and Hearty Sandwiches" get promoted to the dinner table, with some recipes that just might challenge your ideas about what goes on between two slices of bread. "Wine Worth Discovering" looks at our seasonal organic wines. And you might not notice it from reading *fresh*, but we hope you do when you shop our stores — we're particularly proud of our great customer service. Store Manager of the Year Jason Hilton knows a thing or two about that. Find out all about it in our full-service "Ask the Expert."

Enjoy the season, and enjoy *fresh*.

Ron

RON HODGE
President & CEO
Hannaford Bros. Co.

I'd like to make the Hot and Sour Tofu Stir Fry (January/February page 15) but I'm having trouble finding the Hannaford Inspirations® Roasted Red Pepper Spread the recipe calls for. Is it equivalent to the Inspirations Roasted Red Pepper Bruschetta? As a vegetarian I am always on the lookout for interesting ways to prepare tofu. I love the magazine and always try to pick up an extra copy or two to share with friends and neighbors.

MELISSA BRITTON
Granitham, N.H.

Ed.: *We're glad you're spreading the word about fresh. Hannaford Inspirations Roasted Red Pepper Spread is available in the aisle with jellies. And if you have trouble finding it, we suggest substituting a different red pepper spread or jelly rather than the Inspirations Roasted Red Pepper and Tomato Bruschetta.*

I am really enjoying reading *fresh* magazine these days. In the May/June issue, however, I spotted an error in your quinoa story ("Ingredient Insider," page 8). In the paragraph describing quinoa, it is stated that you would get "all 10 amino acids." This is probably not an issue to many people since they may not know how many amino acids there are. But I suspect your nutritionists know that there are hundreds of amino acids and 16 are required by humans while 8 are essential (some say 10) and must be supplied by ones diet. *Fresh* is an excellent educational tool both for nutrition information and for discovering a wealth of food choices. I would have hoped that a magazine like this would not occur.

FARAHAD DASTOOR
Orono, Maine

Ed.: *We appreciate your feedback. And, yes, we do try to inform our readers about the health benefits of fresh recipes as well as the wide choice of foods available in our stores. We asked Kitty Broihier, a Registered Dietician and frequent contributor, to respond to your concern. "Scientists have identified more than 50 amino acids, but since most people talk about them in relation to their job as protein 'building blocks,' discussion is typically limited to the 20 amino acids used to make proteins. Of those 20 common aminos, we must obtain 10 from our diets (as you point out, some scientists say eight, but this is a matter of debate). In other words, our bodies cannot synthesize them nor make them from other amino acids already present. The 10 that we need to get from food are called 'essential.' It would have been better stated if the word 'essential' had been added to the sentence you're concerned with. While it's not necessary for people to get all their essential aminos in one place (even for vegetarians, whom we used to think had to get them all in one meal), it sure is handy to have a food like quinoa, the only grain that supplies all the essential amino acids."*

I would like to make the Sangria Blanca recipe on page 42 of the May/June issue of *fresh*. The last ingredient listed is sparkling apple cider. Is it alcoholic or non-alcoholic? Where would I purchase it? Thanks.

WENDY SULLIVAN
Bolton, Mass.

Ed.: *You can find non-alcoholic sparkling apple cider on the top shelf in our wine aisle or in our grocery aisles in stores that don't carry alcohol.*

I used to live in Virginia Beach, Va., and shopped at Hannaford. Then Kroger bought all the Hannaford stores. Recently I moved to Blackstone, Mass., and am elated to shop at Hannaford again! I love reading *fresh*.

AMANDA GUILMAIN
Blackstone, Mass.

We'd Love to Hear from You!

Please send your comments, suggestions and culinary musings to freshmagazine@hannaford.com or *fresh* magazine, P.O. Box 1000, Portland, ME 04104. Be sure to include your name, address, and daytime phone number. Letters may be edited for length and clarity. To comment on Hannaford stores, visit **www.hannaford.com** and click on the Contact Us icon at the top of the page, then select Feedback or call 800.213.9040.

RECIPE INDEX

features

Enter our **Fresh Finales Recipe Contest!** See page 8 for more details

Visit us online at **www.hannaford.com** for even more great recipes tips and ideas devoted entirely to your love of food

ON THE COVER: Lanni Orchards Caramel Apple Pie Cups are the perfect dessert for cool fall nights See page 31 for the recipe
Photograph by Mark Ferri

departments

[GADGETS GALORE]

On a Roll

Behind every great pie is a great **rolling pin**, one that has enough weight to do most of the work, but isn't so heavy that it tears delicate dough or handles awkwardly. KitchenAid's nonstick rolling pin is well balanced and just hefty enough. The oil-set handles are easy to hold and automatically return to the ready position. Even better, it comes in three different handle colors and features a durable nonstick coating that doesn't hold onto pastry. Dishwasher safe.

Apple-Go-Round

This harvest season – when apples are begging to be turned into sauce, pies, and other goodies – don't get bogged down peeling, coring, and slicing. With this full-service **apple machine**, you can do it all in a fraction of the time. This brilliant device takes care of the work with two blades resulting in a spiral of slices. Voilà! A perfectly peeled apple. To use in cooking, cut the sliced apple in half, and you're ready to go.

These items and more can be found in our gadgets aisle.

An Apple a Day

Since colonial times, Americans have loved apples. And it's no wonder, because they really are an ideal food — complete with their own edible wrapper. Apples are easily portable, substantial enough to be filling, and so versatile they can enhance every course of a meal, from salads and soups to desserts.

There are literally **thousands of varieties of apples** in a rainbow of reds, pinks, greens, and golds. We believe in going local, and many of our apples come from nearby farms (see "Local Flavors" on page 24) — which makes our apples about as fresh as they can get.

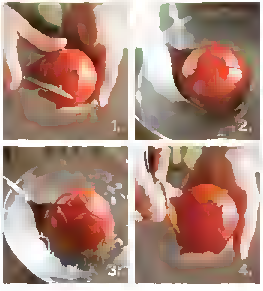
There are varieties of apples that cater to every preference. Some are firmer, others softer, juicier, sweeter. Some are best for pies, holding their shape when baked. Others make better applesauce, as they break down when heated.

At Hannaford, we carry several varieties of apples year-round, with the widest variety available in the fall. Here are some of the apples you'll find in our Produce department:

Braeburn: Red with patches of green and gold. A good storage apple.

- **Cortland**: Deep red, with creamy white flesh. Softer, good for eating and cooking.
- **Empire**: Red and mottled green, fine for eating, excellent for baking.
- **Fuji**: Red with bits of gold and green. Firm and crunchy. Best for eating.
- **Gala**: Orangey red with stripes of gold, delicious and juicy with pale yellow flesh. Great for eating, and holds its shape for cooking.
- **Golden Delicious**: Yellow, mild flavor for eating, good for cooking.
- **Granny Smith**: Green skin, tart and crisp, fine for eating and great for pies.
- **McIntosh**: Red and green skin with soft, creamy flesh. Especially nice for applesauce (see page 45).
- **Red Delicious**: Deep red with a knobby base. Firm and very crisp, but not juicy. Best for eating.

[TIPS AND TECHNIQUES]



Tomato Techniques

Recipes sometimes call for tomatoes to be peeled (see Backyard Beauty Tomato and Shrimp Stuffed Popovers on page 26) so that the bits of skin don't affect the texture of a dish. Here are four easy steps to peeling a tomato:

Step 1 Slice an X at the base with a sharp knife, just through the surface of the skin.

Step 2 Bring a medium saucepan of water to a boil. Meanwhile, fill a bowl with ice water. When water boils, lower the tomato in for one minute.

Step 3 Use a slotted spoon to remove it and immediately drop it into the bowl of ice water for 30 seconds. The skin should begin to peel away from the X.

Step 4 Remove the tomato from the water. Use your fingers or a paring knife to gently pull the skin away from the flesh.

[INGREDIENT INSIDER: FENNEL]

By Sally Sampson

Fennel, also known as sweet anise, is a subtle vegetable, slightly evocative of licorice. Its looks — pale green and bulbous with stalks superimposed and fronds (the tops) sticking out — are so daunting to some, they ignore it completely. Fear not! Fennel is delicate, crunchy, slightly sweet, wonderfully refreshing, and versatile. All parts are edible. The fronds are the most licorice-like and can be used as a garnish like an herb. The stalks can be tough but can be chopped with the bulb. To cut the bulb, simply remove the stalks and fronds, cut into quarters, and remove the core. Then chop (as in this recipe) or slice as thinly as possible and add to green salads. Fennel can also be braised, stewed, or roasted.

FENNEL AND WHITE BEAN SALAD

SERVES 5

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 2 HOURS OR OVERNIGHT, INCLUDING CHILLING TIME

- 2 Tbsp. olive oil
- 2 Tbsp. freshly squeezed lemon juice
- 1 garlic clove, minced
- 1 fennel bulb, quartered, cored, and chopped; fronds reserved for garnish
- 1 (15.5 oz.) can cannellini or small white beans, rinsed and drained
- 1 medium tomato, cored and chopped
- ½ red onion, diced (about ¾ cup)
- 1 navel orange
- ¼ cup chopped fresh basil leaves
- ¼ cup shaved Parmesan cheese

1. Place olive oil, lemon juice, and garlic in a medium size bowl and whisk until well combined and slightly thickened. Add fennel, beans, tomato, and onion.

2. Use a zester or fine grater to zest orange part of orange peel and add to fennel (see "Zest for Cooking," on page 38). Discard white skin, then peel and chop each orange section into bite size pieces and add to bowl. Mix to combine, cover and refrigerate at least 2 hours and up to overnight to allow flavors to blend. Serve garnished with fresh basil, fennel fronds, and Parmesan cheese.

(FENNEL AND WHITE BEAN SALAD)

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 150 CALORIES, 20G CARBOHYDRATES, 6G PROTEIN, 6G FAT (1.5G SATURATED), 0MG CHOLESTEROL, 105MG SODIUM, 6G FIBER

PHOTOGRAPHS: CARL TREMBLAY; FOOD STYLING: GEORGE SIMONS; PROP STYLING: MEG MAUREEN BAH; INSET PHOTOGRAPH: GETTY IMAGES (FENNEL)

ENTER TO
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GIFT CARD

fresh finales

Indulge your sweet tooth with Hannaford's Recipe Contest

Delicious Hannaford products make creating defectable desserts a piece of cake. Now you have a chance to share your favorite dessert recipe with other Hannaford customers – and win a $1,000 gift card for many more shopping trips to Hannaford!

With a wide variety of potential ingredients throughout the store, you'll always have the freshest and highest quality products available to inspire you. We want to hear about the original tasty sweets you've prepared. They might be family heirloom recipes or new creations from your own pantry. The possibilities are endless: cakes, pies, tarts, puddings, custards, cookies, brownies, and other treats await your personal touch.

Share your favorite original dessert recipe that incorporates at least one Hannaford brand product, and you could have your winning recipe published in the March/April 2008 issue of Hannaford *fresh* and win a Hannaford Gift Card or a Hannaford Baker's Gift Basket stuffed with baking supplies and kitchen gadgets.

To enter, type or print your recipe and include your name, address, and phone number. Email it as an attachment to *freshmagazine@hannaford.com* with "Hannaford Recipe Contest" in the subject line or mail it to Hannaford Recipe Contest, PO Box 926, Boston, MA 02112-0926 (one entry per person) by October 31, 2007. See details at right.

For official contest rules, visit **www.hannaford.com**

PRIZES

Grand Prize (1 winner): $1,000 Hannaford Gift Card
Second Place (1 winner): $750 Hannaford Gift Card
Third Place (1 winner): $500 Hannaford Gift Card
Honorable Mention (6 winners): Hannaford Baker's Gift Basket

In the Aisles

Hannaford's busy Store Manager of the Year, Jason Hilton, keeps customers and associates smiling

BY CAROLYN FAYE FOX PHOTOGRAPH BY WARREN ROOS

Is there really just one Jason Hilton? "He's probably got some clones!" laughs his District Manager Nicole Devoe Watson. Whether he's answering a customer's question, using his sense of humor to mentor an associate, or even pitching in to bag groceries, Hannaford's Store Manager of the Year seems to be everywhere — except in his office.

Devoe Watson nominated Jason for going the extra mile. She says that he's a "shining star," committed to keeping customers and associates happy and creating an enjoyable shopping and working environment. Moreover, his business sense is matched by his personal kindness. Not only did he keep his Scarborough, Maine, store so customer-friendly when it was undergoing extensive renovation that it stayed busy the entire time, but when a long-term associate was hospitalized for six weeks, Jason was there almost every day, checking on him. "He's one of those guys who's everywhere," Devoe Watson says. "He's really an admirable person." We talked to Jason to find out how he does it.

Tell us about the beginning of your career at Hannaford, almost 20 years ago.
I started part-time at the Biddeford, Maine, store while I was still in high school. My father, a great role model, taught me to work hard, and after I graduated from high school and worked full-time at the Maine Mall store, I started to get promoted. I was Assistant Crew Manager, then Crew Manager, then Evening Manager — my first salaried gig! I thought, "Wow — I can do really well with this company."

You choose to spend most of your time on the floor, instead of in your office. Is that how you set a good example?
The last thing I want is to have an associate see me in the office. If there's a bagging station without a clerk, I'll step in and bag groceries. Customers and associates see that I might have a bad day, but no one will ever know about it — we're on stage.

You're known for your sense of humor. How do you make that work in your relationships with associates and customers?
Humor gets things done. For example, if I'm in the Produce department, and I see an apple where the quality isn't right, I'll pick it up and say to the Produce Manager, "Gee, what a great apple!" Laughing instead of criticizing is very healthy.

Humor helps people remember things. I like to stay positive and happy.

What do you personally add to the basic job responsibilities that makes a difference to the customer's experience?
I encourage my team to engage our customers. For example, one of my Produce Associates has a notepad with 100 customers' names on it. He tracks the people he talks to, writes down their names, and recognizes them the next time. It's all part of our corporate philosophy. Take care of the customer.

What makes you such a successful manager?
My associates make me look good. I couldn't ask for a better management team. I reap the benefits of *their* hard work.

How do you shape your managerial role to motivate your store associates?
Recognition. We recognize associates at birthdays and anniversaries. When we reached a sales milestone one week, the next week it was "dress down" and pizza for everyone.

And every morning at 9:00, we call a huddle and talk about sales and what's going on, like preparing for upcoming holidays. We check in with every department, it's about bonding, community, and having fun.

You kept the Scarborough store open for business throughout an extensive remodeling. How did you handle this challenge? And what made Opening Day so memorable?
We went through a pretty tough remodel, but it was very positive and led to bonding among store employees. We have committed, loyal customers who were willing to ask us, "OK, where's Produce today?" We helped them find what they needed and answered questions. We didn't have a lot of complaints.

On Grand Opening Day, I was never so proud of my team. The store looked unbelievable, and everything went smoothly.

Where's the trophy?
Not in my office. It's in my house, because I don't like to show it off. It's really about everyone's team effort. ●

Baking from the Heart

Two creative bakers share their favorite recipes

BY MEGHAN ROWLEY LITTLE

There's nothing like home-baked goodies, at least, according to Ellen Barnett and Louise Hart. For these enthusiastic bakers, the process is a satisfying way to express their creativity, whether the recipe is fast and easy or a fascinating, multi-step concoction.

("THE WORKS" MUFFINS)

Ellen Barnett Treats from a blue ribbon baker

Ellen Barnett's baking debut was hardly sweet. "I remember first baking on my own around age 5 or 6 and I measured out one cup of baking soda instead of one cup of flour," Ellen says. The attempt resulted in lots of turned-up noses from family members, but it didn't sour the young bakers appetite for more.

Perseverance paid off. At age 9, Ellen won her first blue ribbon, for a cake at the Washington County Fair in Slinger, Wis. After a few successive years of upstaging the grown-up entrants, Ellen joined forces with an elderly neighbor. "My neighbor took my cakes to the fair to be judged," says Ellen, allowing her to continue winning first prize without ruffling any feathers.

Today, Ellen's treats are judged by her husband and 5-year-old daughter Avery. "They love my ginger snaps," Ellen says. "These crispy cookies use two kinds of ginger."

Like many working moms, the Boston-based writer finds that her time is precious. "Baking relaxes and enthuses me and gives me a place to think," she explains. A loose follower of recipes, Ellen likes to incorporate ingredients like pumpkin seeds that provide her family with plenty of iron, magnesium, and fiber.

Ellen is passing on her love of baking to her daughter. "It allows me to connect with Avery in a way that's familiar to me," she says. Perhaps there's a blue ribbon in this young baker's future, too.

'THE WORKS' MUFFINS

MAKES 24 MUFFINS
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 50 MINUTES

Ellen says: "I call this muffin recipe 'The Works' because it's a whole wheat bran muffin. I can throw every healthy ingredient in that I have on hand, and it always tastes good."

Note: *For the optional additions, be sure to use a total of 1 cup — for example, 1 cup raisins, or ½ cup dried cranberries plus ½ cup pumpkin seeds.*

- 3 cups whole wheat flour
- 2 cups toasted bran cereal
- 1 cup ground flaxseed
- 1 cup packed brown sugar
- 2 ½ tsp. baking soda
- ½ tsp. salt
- 2 cups low-fat buttermilk
- 1 cup water
- 2 large eggs, beaten
- ½ cup canola oil
- ½ cup honey
- ¼ cup light molasses

Optional Additions

- 1 apple, grated
- Dried fruit (raisins, cranberries, cherries, chopped apricots)

FOOD STYLIST: AMY KAHN; PROP STYLIST: LYNN RUSSELL

(GINGER SNAPS)

Crystallized ginger, chopped
Chopped walnuts
Sliced almonds
Pumpkin or sunflower seeds

1. Preheat oven to 400°F. Line two 12-cup muffin pans with paper liners and spray with vegetable spray.
2. In a large bowl, mix together whole wheat flour, bran cereal, ground flaxseed, brown sugar, baking soda, and salt.
3. In a separate bowl, use a whisk or electric mixer to mix buttermilk, water, eggs, oil, honey, and molasses until smooth. Make a well in center of mixed dry ingredients and pour in buttermilk mixture. Use a wooden spoon to mix just until incorporated. Stir well. Then add optional additions of your choice.
4. Bake at 400°F for 20 to 24 minutes until a toothpick inserted in the center of a muffin comes out clean. Let cool in pan 5 minutes, then remove to a cooling rack. Serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 230 CALORIES, 37G CARBOHYDRATES, 6G PROTEIN, 8G FAT (1G SATURATED), 20MG CHOLESTEROL, 230MG SODIUM, 6G FIBER.

GINGER SNAPS

MAKES 4 DOZEN 2-INCH COOKIES
ACTIVE TIME: 35 MINUTES
TOTAL TIME: 55 MINUTES

These spiced cookies have a crisp, chewy texture and a double dose of ginger — both ground and crystallized. They also look very pretty on the plate.

- 1 cup sugar
- ¼ cup unsalted butter
- ½ cup vegetable shortening
- 1 egg
- ¼ cup molasses
- 2 cups flour
- 1½ tsp. baking soda
- ½ tsp. salt
- 1 tsp. ground cinnamon
- ½ tsp. allspice
- ½ tsp. ground ginger
- ½ cup diced crystallized ginger
- ¼ cup sugar

1. Preheat oven to 350°F. Spray two baking sheets with vegetable spray or line with parchment paper.
2. In a large bowl, use an electric mixer on medium-high to cream sugar, butter, and shortening well. Add egg and beat until well incorporated. Add molasses and mix well.
3. In a separate bowl, mix flour, baking soda, salt, cinnamon, allspice, and ground ginger. Gradually add dry ingredients to butter mixture, using a wooden spoon or an electric mixer on low speed. Stir in crystallized ginger.
4. Place ¼ cup sugar in a small bowl. Scoop tea spoons of dough, roll into balls, and coat with sugar. Place on prepared baking sheet about 2 inches apart. Bake for 8 to 10 minutes. Cookies should be just barely firm — they should be soft, but not sticky. Let cookies rest on baking sheet for 1 to 2 minutes, then remove to a cooling rack.

APPROXIMATE NUTRITIONAL VALUES PER COOKIE: 80 CALORIES, 12G CARBOHYDRATES, 1G PROTEIN, 3G FAT (1.5G SATURATED), 5MG CHOLESTEROL, 65MG SODIUM, 0G FIBER.

Louise Hart
Secrets of the Muffin Lady

Louise Hart has won the nickname "Muffin Lady" thanks to her famous oversized treats. "I have taken trays of muffins on church trips," she says. "That got me the title. Even strangers somehow pick me out and say, 'We know you — you're the Muffin Lady.'"

Louise, a retired geriatric technician, has lived in Gilford, N.H., for 12 years and is a devoted shopper at our Gilford store. Using mixes as her base, she creates unique and decadent muffins by adding jams, glazes, and fruit. She partially fills the muffin pans with batter and then adds a spoonful of the filling before topping with more batter. "It's like getting a little surprise in between," she says.

(THE MUFFIN LADY'S MUFFIN)

For Louise baking is a way to exercise her flair for the creative "I have to decorate everything — my house myself everything," she says Her baked goods are no exception To give her muffins a little color she adds a honey glaze and cut maraschino cherries after baking. She prefers to use oversized pans for big muffins (Oversized muffin pans which come 6 muffin cups to a pan are available in our aisle featuring pans and gadgets)

Like Ellen Louise is very conscious of what she eats Even when she's baking treats Louise tries to choose healthy ingredients She adds wheat germ and pumpkin purée to pancake mix to make flavorful pumpkin pancakes "Also I use soy milk rather than regular milk and often substitute powdered egg whites for regular eggs" she notes

Enthusiastic bakers like Ellen and Louise enjoy delighting others with treats that are wholesome delicious and satisfying

THE MUFFIN LADY S MUFFINS

MAKES 6 LARGE OR 12 REGULAR MUFFINS
ACTIVE TIME 20 MINUTES
TOTAL TIME 40 MINUTES (INCLUDES COOLING)

Louise says this recipe works with any muffin mix but she prefers Jiffy bran date mix as it provides fiber Powdered egg whites can be found in our baking aisle

- 4 ½ to 5 cups bran date muffin mix such as 3 (7-oz) pkgs Jiffy mix
- 2 Tbsp powdered egg whites or 3 egg whites
- 1 cup plain soy milk
- ⅓ to ½ cup apricot preserves preferably sugarless stirred smooth
- 2 Tbsp. honey warmed (optional)
- 3 to 6 maraschino cherries each cut in half (optional)

1 Preheat oven to 400°F Spray cups of a 6 cup oversized muffin pan or a 12-cup regular muffin pan with vegetable cooking spray
2. In a large bowl combine muffin mix and powdered egg whites (If using regular egg whites add to a small bowl and mix slightly with a fork) Add soy milk (and regular egg whites if using) Use a wooden spoon to mix batter until wet and dry ingredients are fully incorporated. Batter will be slightly thick with some lumps
3. Use half the batter to fill each muffin cup about a third of the way full Add apricot preserves to each muffin about 2 tsp for oversized or 1 tsp for regular then top with remaining batter
4. Bake for 15 to 17 minutes until muffins are slightly firm to the touch and a toothpick comes out clean If desired brush each muffin top with 1 tsp honey for oversized muffins ½ tsp for regular and top center with a cherry half Let rest in pan for 5 minutes then remove to a cooling rack Serve warm or at room temperature

APPROXIMATE NUTRITIONAL VALUES PER SERVING 350 CALORIES 63G CARBOHYDRATES 15G PROTEIN, 3G FAT (0G SATURATED) 0MG CHOLESTEROL 710MG SODIUM 9G FIBER


(PUMPKIN PANCAKES)

PUMPKIN PANCAKES

MAKES ABOUT 18 4 INCH PANCAKES (6 SERVINGS)
ACTIVE TIME 30 MINUTES
TOTAL TIME 30 MINUTES

Louise will prepare a big batch of batter and keep it for several days in the fridge making fresh pancakes to order

- 3 cups just add water pancake mix
- ½ cup wheat germ toasted or untoasted
- 1 tsp. ground cinnamon or to taste
- ¼ tsp. nutmeg or to taste
- 2 ½ cups water
- 1 cup canned or fresh pumpkin squash or sweet potato purée
- Maple syrup or jam for serving

1 In a large bowl combine pancake mix wheat germ cinnamon and nutmeg Stir to mix well Add water and pumpkin purée and stir with a wooden spoon until wet and dry ingredients are incorporated
2. Heat a nonstick skillet or griddle over medium heat Spray with vegetable spray Use a ¼ cup measure to scoop batter and pour onto heated skillet When surface begins to bubble in 2 to 3 minutes use a spatula to flip pancakes They should be light golden brown The second side is ready when steam stops appearing after about 1 to 2 minutes Serve immediately with maple syrup or jam

APPROXIMATE NUTRITIONAL VALUES PER SERVING 290 CALORIES 33G CARBOHYDRATES 10G PROTEIN 4 5G FAT (1G SATURATED) 15MG CHOLESTEROL 790MG SODIUM 4G FIBER

Have a favorite recipe? Please share it – you could be featured in Food Lovers' Favorites. Just email freshmagazine@hannaford.com

Sides Show

These supporting roles make for mealtime perfection

BY DIANA BURRELL [illegible] S BY CARL TREMBLAY

Looking for side dishes that'll have your friends and family asking for seconds? Great side dishes do more than support the meal — they stand on their own merits. With Hannaford Inspirations® products, you'll always have dozens of creative ways to boost flavors.

When you're focused on getting your main course on the table, it can be easy to give side dishes short shrift. But think of the possibilities: a steaming bowl of mustardy greens, flavored with bacon; fruit-studded couscous; or butternut squash seasoned with ginger. Let these recipes inspire you to be creative with other Hannaford Inspirations products.

Tasty Sides

- **Explore new tastes.** It's easy to get in a rut with your side dishes. If you always serve corn with baked chicken, mix corn into a couscous-based dish instead. Try whipped cauliflower or, if you're feeling really adventurous, pick up celeriac from our Specialty Produce department. Celeriac has a mild celery flavor, and once it's cubed and boiled, it can be puréed.
- **Consider color.** Of course, taste matters, but a monochromatic plate has less visual appeal than a plate filled with colorful foods. High-end restaurants always consider how foods will look on a plate. Pair cauliflower with darker meats. If you're serving a tomato-based lasagna, kale or Swiss chard are good choices for sides. Think classic color combos like red and green, yellow and red, or orange and yellow.
- **Love your legumes.** Canned beans are a busy cook's best friend. And if you're trying to get your family to eat healthier, don't forget that beans and other legumes are loaded with protein and fiber. Mix drained and rinsed black beans into frozen corn, stir in a Hannaford Inspirations salsa, and you've got an easy Mexican-inspired side dish. Lentils cook quickly — about the same time it takes to cook brown rice — and they absorb flavors beautifully.
- **Add flavor with fresh herbs — and few calories.** Use fresh parsley or chives to punch up mashed potatoes. Sage is a natural with winter squash. Toss rice with cilantro or quinoa with rosemary.
- **Stretch your sides.** If you have extra baked squash, cut it into smaller cubes and put it on tomorrow's lunchtime salad. Cooked greens can be added to soup, as can rice.

(FRUITED COUSCOUS TIMBALES WITH TOASTED PINE NUTS)

FOOD STYLING: GEORGE SIMONS; PROP STYLING: MAUREEN TAHILL

FRUITED COUSCOUS TIMBALES WITH TOASTED PINE NUTS

SERVES 6 (GENEROUS ½-CUP PORTIONS)
ACTIVE TIME 10 MINUTES
TOTAL TIME 15 MINUTES

Timbales can refer to both baking molds and their delicious contents. Here, the sweet taste of cranberries and apricots paired with toasted pine nuts is a delicious accompaniment to a pork roast, turkey, or salmon. The timbales make a striking and impressive presentation for entertaining, but if you're short on time, you could also skip the fancier molds and serve this dish in a bowl.

- 1¼ cup reduced sodium chicken broth
- 2 Tbsp. extra virgin olive oil
- ½ tsp. salt
- 1¼ cup couscous
- 3 Tbsp. pine nuts
- 6 dried apricots, diced into small pieces
- 2 Tbsp. Hannaford Inspirations Cranberry Apple Chutney
- 2 Tbsp. chopped fresh parsley

1 Bring chicken broth, olive oil, and salt to boil in a medium saucepan. Add couscous to broth, then remove pan from heat and cover. Let sit for 5 minutes.
2 While couscous sits, toast pine nuts in a small frying pan over medium-high heat for approximately 1 to 3 minutes, tossing the nuts around the pan to prevent burning. Note that pine nuts brown very quickly once the pan is hot enough. Remove nuts from pan and set aside.
3. Fluff couscous with a fork. Stir in pine nuts, apricots, chutney and parsley.
4 To serve, lightly pack a ½ cup measuring cup or custard cup with couscous. Flip cup over each dinner plate; couscous timbale should slide out into a compact round.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
240 CALORIES, 35G CARBOHYDRATES, 6G PROTEIN, 8G FAT (1G SATURATED), 0MG CHOLESTEROL, 230MG SODIUM, 3G FIBER


(SESAME GINGER ROASTED BUTTERNUT SQUASH)

MIX 'N MATCH

Hannaford Inspirations® products can help you make every meal stand out.

Chutneys
Stir a few tablespoons of Hannaford Inspirations Mango Chutney into rice or couscous.

Serve Hannaford Inspirations Cranberry Apple Chutney at the table as a condiment for baked squash or potatoes.

Blend ¼ cup of your choice of chutney into ¼ cup sour cream or yogurt for a satisfying topping for cooked vegetables.

Mustards
Mix Hannaford Inspirations Honey Mustard or Cranberry Mustard into mashed potatoes.

Blend Hannaford Inspirations Smoky BBQ Mustard into oil and vinegar; use the vinaigrette on steamed green beans or asparagus.

Salsas
Mix a few tablespoons of Hannaford Inspirations Country Tomato Salsa into a stuffed baked potato filling. Or serve Hannaford Inspirations Corn & Black Bean Salsa at the table as a condiment for baked potatoes.

Toss lightly steamed greens with Hannaford Inspirations Raspberry Salsa.

Stir Hannaford Inspirations Mango Salsa or Peach Salsa into black beans for an intriguing flavor.

SESAME GINGER ROASTED BUTTERNUT SQUASH

SERVES 6
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 1 HOUR

If you don't feel like cutting up the squash yourself, use pre-cut squash from our Produce department. This side goes well with roast chicken or meatier fish, such as tuna.

- 1 medium butternut squash (about 2 lb.)
- 1 Tbsp. extra virgin olive oil
- ¼ cup Hannaford Inspirations Sesame Ginger Stir Fry Sauce
- ½ tsp. salt
- 1 tsp. sesame seeds (optional)

1 Preheat oven to 375°F. Line a rimmed baking sheet with foil and set aside.
2 Peel squash using a vegetable peeler. Cut in half lengthwise and scrape out seeds and pulp with a heavy spoon. Slice into ½ inch-wide half moon shapes and place on prepared baking sheet.
3 Stir together olive oil, stir fry sauce, and salt in a small bowl. Pour sauce over squash, and toss squash so that all pieces are well coated.
4 Roast for 35 to 45 minutes, turning squash occasionally so that all sides are caramelized. Transfer to a platter and sprinkle with sesame seeds, if desired. Serve warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 110 CALORIES, 21G CARBOHYDRATES, 2G PROTEIN, 3G FAT (0G SATURATED), 0MG CHOLESTEROL, 370MG SODIUM, 3G FIBER

COLLARD GREENS WITH RED PEPPER AND MAPLE MUSTARD

SERVES 6
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 1 HOUR 20 MINUTES

These Southern greens get a Northern twist with our Hannaford Inspirations Maine Maple Mustard. Slow cooking makes collards tough leaves tender — and because their cook time is largely hands-off, this side dish frees you to prepare the rest of your meal.

- 4 strips bacon
- 1 bunch collard greens
- 1 clove garlic, minced
- 2 cups reduced-sodium chicken broth
- ¼ cup diced red pepper
- 2 Tbsp. Hannaford Inspirations Maine Maple Mustard

1 Cut bacon into 1-inch pieces. In a large stockpot, cook bacon over medium heat until pieces are crispy and brown and bottom of pot is coated in fat, about 10 minutes. Remove half the bacon and set aside.
2. While bacon is cooking, prepare collard greens. Rinse leaves and pat dry. Remove tough, thick stems running through center of each leaf and discard. Cut greens into bite-sized pieces.
3 Stir greens and garlic into bacon and fat and stir to coat greens. Add chicken broth and bring to a boil. Reduce heat to low, cover, and cook for 55 minutes.
4 Stir in diced red pepper and cook for an additional 5 minutes. Remove from heat.
5 With a slotted spoon, remove collard greens along with bacon and diced pepper, and place in a large serving bowl. Add reserved bacon. Toss greens with mustard until well coated. Serve warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 120 CALORIES, 9G CARBOHYDRATES, 4G PROTEIN, 7G FAT (2.5G SATURATED), 10MG CHOLESTEROL, 180MG SODIUM, 1G FIBER ■

Diana Burrell is a Boston-based food writer, recipe developer and author.

(GRILLED HAM AND GRUYÈRE SANDWICH WITH QUICK APPLE-ONION CHUTNEY)

By Eva Katz Photographs by Frances Janisch

Hot & Hearty Sandwiches

Great bread [illegible] warm fillings = [illegible] hot [illegible] g autu[illegible]

Sandwiches are a staple in most households, but they're typically relegated to lunchtime, coming together by default rather than design. Last night's leftovers are transformed into today's lunch. And sometimes it's delicious — purely by chance. With just a little more planning, sandwiches can be served up as complete meals, hearty enough for dinnertime appetites. Sandwiches with that "just-right" combination of ingredients are wholesome and satisfying, especially when served warm on a cool fall evening.

The secret to successful sandwich making is choosing bread to complement the flavor and texture of the filling. A moist and chewy filling is a perfect match for a thick, crusty roll, whereas lighter ingredients work well with more delicate slices. For instance, our Steak Sandwich with Balsamic Onions, a saucy, meaty combination, needs a substantial baguette to contain all the flavor, but the more subdued texture of the Spiced Salmon [illegible] nutfully inside a soft, whole grain bread. And a good quality white bread is still a favorite for grilled cheese. Head to our Bakery department for an excellent selection of artisan breads that transform a quick bite into a real meal. The bottom line is that freshly made bread can make even an ordinary sandwich memorable.

Unexpected sauces and condiments can make a sandwich extraordinary. Think beyond the typical mustard and mayonnaise. Pesto, chutney, flavored mayonnaise, and even thick salad dressing, such as blue cheese or ranch, can add a good dose of flavor and just enough moisture to make your sandwiches especially tasty. Here's a variety of creative hot sandwiches, including the vegetarian Grilled Portabella Sandwich with Arugula, each with a combination of ingredients that will excite your palate, and may just inspire you to concoct your own hot and hearty creations.

GRILLED HAM AND GRUYÈRE SANDWICH WITH QUICK APPLE-ONION CHUTNEY

SERVES 4
ACTIVE TIME 50 MINUTES
TOTAL TIME 50 MINUTES

The standard grilled cheese is dressed up with Gruyere cheese baked ham and a lively chutney This sweet and savory condiment brings an old favorite to a whole new taste level Nature s Place™ Oat Nut Bread can be found in our bread aisle

Apple Onion Chutney

- 1 Tbsp vegetable oil
- 1 thinly sliced sweet onion
- 2 Granny Smith apples peeled, cored and cut into ½ inch dice
- ¼ tsp ground allspice
- ¼ tsp cayenne pepper
- ¼ cup light brown sugar
- 1 cup apple cider or apple juice
- 2 tsp apple cider vinegar
- ⅛ tsp freshly ground black pepper

Sandwich

- 8 slices hearty whole grain bread, such as Nature s Place Oat Nut Bread
- 2 Tbsp. unsalted butter melted
- 8 oz shredded Gruyère cheese (about 3 cups)
- 8 oz thinly sliced Hannaford Inspirations® Country Style Baked Ham
- Apple onion chutney

1. Prepare chutney Heat oil in a large skillet over medium-high heat Add onion and apples and cook stirring occasionally until softened and browned about 6 minutes Stir in allspice and cayenne and cook until fragrant about 30 seconds Add sugar and cider and bring to a boil scraping browned bits off pan bottom Cook until cider is thick and syrupy about 6 to 8 minutes Remove from heat and add cider vinegar and pepper Set aside

2. Heat a large nonstick skillet over medium low heat for 2 to 3 minutes Meanwhile brush one side of each slice of bread with melted butter Flip 4 slices over buttered side down Layer sandwiches on these slices as follows dividing filling evenly half the cheese slices of ham chutney and then remaining cheese Cover with remaining bread with the buttered sides facing out

3 Place two sandwiches in pan and weight with a round cake pan pressing lightly Leave cake pan on top and cook until first side is golden brown 3 to 5 minutes Flip sandwiches press again with cake pan and cook until golden brown about 2 to 4 minutes Repeat with remaining sandwiches Serve immediately

APPROXIMATE NUTRITIONAL VALUES PER SERVING
780 CALORIES 83G CARBOHYDRATES 36G PROTEIN 33G FAT (15G SATURATED) 105MG CHOLESTEROL, 1 120MG SODIUM 6G FIBER


(SPICED SALMON SANDWICH WITH CARROT SLAW)

SPICED SALMON SANDWICH WITH CARROT SLAW

SERVES 4
ACTIVE TIME 30 MINUTES
TOTAL TIME 30 MINUTES

The slightly crunchy sweet aromatic carrot slaw balances nicely with pungent green olive mayonnaise Instead of the usual lettuce try a handful of zesty cilantro leaves as a garnish

- 1½ tsp paprika
- 1½ tsp ground cumin
- ½ tsp ground cinnamon
- ¼ tsp cayenne pepper

FOOD STYLE: MO JAMIE K MA PROP STYLE: NO LYNN RUSSELL

- ¾ tsp salt
- 2 Tbsp olive oil divided
- 4 (6 oz.) skinless salmon fillets
- 2 tsp sugar
- 1 Tbsp freshly squeezed lemon juice divided
- 3 carrots peeled and grated
- ¼ cup mayonnaise
- 3 Tbsp chopped green olives
- 8 ½-inch slices Hannaford Inspirations Multigrain Boule
- 1 cup loosely packed baby salad greens (Hannaford Inspirations Arugula Spinach or Spring Mix) or fresh cilantro

1. Preheat oven to 400°F. Spray a 9-by-13 inch pan with vegetable cooking spray.

2. In a small bowl mix paprika cumin cinnamon cayenne pepper and salt. Reserve 1 tsp of this spice mixture for the carrot slaw. Mix remaining spices with 1 Tbsp of the olive oil to make a wet rub. Coat both sides of each salmon fillet with rub and place in prepared pan. Roast at 400°F for 10 to 12 minutes until opaque.

3. While salmon roasts prepare carrot slaw. In a medium bowl combine reserved 1 tsp of the spice mixture with sugar 2 tsp of the lemon juice and remaining 1 Tbsp of the olive oil. Mix well to combine. Add carrots and stir to coat completely with dressing. Set aside.

4. In a small bowl combine mayonnaise with remaining 1 tsp lemon juice and olives and set aside.

5. To assemble, spread a quarter of the mayonnaise on each piece of bread followed by a quarter of the carrot slaw. Place salmon fillets on top and scatter greens over top of salmon. Cover with second piece of bread. Cut each sandwich in half on the diagonal and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
650 CALORIES 33G CARBOHYDRATES 40G PROTEIN
40G FAT (7G SATURATED) 105MG CHOLESTEROL
990MG SODIUM 6G FIBER

STEAK SANDWICH WITH BALSAMIC ONIONS

STEAK SANDWICH WITH BALSAMIC ONIONS

SERVES 4
ACTIVE TIME 30 MINUTES
TOTAL TIME 30 MINUTES

This is not your ordinary sub shop steak sandwich. Here we sear the meat and use the caramelized bits left in the skillet to build a bold and savory sauce. This is a sandwich best served with a fork and knife on the side to catch every last bite.

- 1 Hannaford Inspirations Boneless New York Sirloin Steak (about 1 ¼ lb.) trimmed
- ¾ tsp salt divided
- ½ tsp freshly ground black pepper
- 1 Tbsp vegetable oil
- 1 large red onion (about 1 lb.) peeled and cut into ½ inch rings
- ¼ cup balsamic vinegar
- ¼ cup water
- 1 Tbsp Worcestershire sauce
- 1 tsp light brown sugar
- 2 (12 inch) Inspirations French Demi Baguettes sliced in half horizontally
- 2 oz. (about ½ cup) crumbled Gorgonzola cheese

1. Pat steak dry with paper towels and season with ½ tsp of the salt and pepper. Heat oil in large skillet over medium heat. Place steak in skillet and cook without moving until well browned about 3 to 5 minutes. Flip steak and cook on second side until well browned about 4 more minutes for medium doneness — this particular cut of steak is best at medium

(GRILLED PORTABELLA SANDWICH WITH ARUGULA)

or medium rare. Transfer steak to a plate and cover with foil.

2. Keeping the heat on medium, add onion and ¼ tsp. of the salt. Cook, stirring frequently, until onions are lightly browned, about 8 to 10 minutes.

3. Increase heat to medium-high. Add vinegar, water, Worcestershire sauce, and brown sugar and cook, scraping up browned bits with a wooden spoon until thick and syrupy, about 2 to 4 minutes. Pour any accumulated juices from steak into pan.

4. To assemble, slice steak crosswise into ¼-inch-thick slices, trimming any fat or gristle. Divide steak evenly over bottom half of each baguette, spoon onion on top, and scatter Gorgonzola over onion. Cover with top half of bread, cut baguette in half, and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 600 CALORIES, 43G CARBOHYDRATES, 39G PROTEIN, 29G FAT (12G SATURATED), 90MG CHOLESTEROL, 1,090MG SODIUM, 3G FIBER.

GRILLED PORTABELLA SANDWICH WITH ARUGULA

SERVES 4
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 35 MINUTES

These tasty, oversize mushrooms will satisfy any appetite. The peppery greens and the Boursin cheese, packed with garlic and flavorful herbs, pair well with the earthy flavor of the mushrooms, and the Hannaford Inspirations Ciabatta Rolls provide the perfect base.

- 3 Tbsp. extra virgin olive oil
- 2 Tbsp. freshly squeezed lemon juice
- 3 cloves garlic, minced
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- 4 large (or 6 to 8 smaller) portabella mushrooms (about 1 lb.), stems removed
- 4 Hannaford Inspirations Ciabatta Rolls, sliced in half
- 1 (5.2-oz.) pkg. garlic and fine herbs Boursin cheese
- 2 cups baby arugula or watercress leaves

1. Combine oil, lemon juice, minced garlic, salt, and black pepper in a small bowl. Place mushrooms in a 9-by-13-inch pan. Pour marinade over mushrooms, making sure to coat completely. Let stand at room temperature while preparing grill or broiler, about 10 minutes. Heat grill to medium-high. Alternatively, preheat broiler and adjust oven rack 6 inches from broiler.

2. Grill or broil mushrooms until charred and tender, about 4 to 6 minutes per side. Remove from grill. While mushrooms are cooking, place rolls cut side down on grill or in a toaster oven and lightly toast, about 1 minute.

3. Use a quarter of the Boursin for each sandwich, spreading it on the two halves of each ciabatta roll. Thinly slice mushrooms and mound on bottom half of roll, followed by a quarter of the arugula or watercress. Cover with top of roll, cut [illegible] in half on the diagonal, and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 420 CALORIES, 42G CARBOHYDRATES, 12G PROTEIN, 24G FAT (9G SATURATED), 35MG CHOLESTEROL, 690MG SODIUM, 6G FIBER.

SANDWICH TIPS

- Experiment – think about your own favorite food combinations and take them from the plate into the bun. Leftovers can make good sandwiches. Enjoy your meat loaf? Heat it up with thick tomato sauce and put it on a roll. Or slice turkey and heat with gravy, spread bread with cranberry chutney and voilà, a Thanksgiving treat.
- There are no boundaries when it comes to garnishes – try grated vegetables and salad or slaws. Sliced Granny Smith apples or grated jicama add a refreshing, slightly sweet crunch.
- Consider cheese – even a small amount adds flavor and texture to a hot sandwich, whether it's the feature, as in a grilled cheese and tomato sandwich, or a complementary element, such as a sprinkling of feta cheese on sliced lamb. When the meats are warm, cheese can melt and make the sandwich extra delicious.
- Use a good, sharp knife – serrated blades are particularly effective. Cutting a sandwich in half helps keep the filling from squeezing out and makes the sandwich easier to eat.

CHICKEN SATAY BURGER WITH CUCUMBER RELISH

SERVES 4
ACTIVE TIME: 40 MINUTES
TOTAL TIME: 40 MINUTES

These flavorful burgers, with a Thai-influenced peanut sauce and crispy, fresh cucumber salad, are a refreshing and healthier alternative to a standard beef hamburger. The secret ingredient is fish sauce, which can be found in the aisle with Asian ingredients.

- 1 lb. ground chicken
- 1 jalapeño pepper, seeded and finely minced, divided
- 2 tsp. grated ginger, divided
- 2 cloves garlic, minced and divided
- ¼ cup finely chopped cilantro leaves, divided
- Zest from 1 lime
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- ¼ cup creamy peanut butter
- 3 Tbsp. very hot water
- 1 tsp. brown sugar
- 2 tsp. fish sauce
- 1 Tbsp. lime juice
- 1 Tbsp. vegetable oil
- 4 hamburger buns

Cucumber relish

- ½ cup thinly sliced red onion
- 2 Tbsp. lime juice
- 2 tsp. light brown sugar
- ½ tsp. salt
- 2 tsp. fish sauce
- ½ English cucumber or 1 regular cucumber, peeled

1. In a medium bowl, combine ground chicken, jalapeño pepper, 1 tsp. ginger

(CHICKEN SATAY BURGER W TH CUCUMBER REL SH)

half the garlic 3 Tbsp cilantro lime zest salt and black pepper Form into four 1 inch thick patties and refrigerate while preparing sauce and relish

2. Prepare cucumber relish Combine red onion lime juice brown sugar salt and fish sauce Halve cucumber lengthwise and scoop out seeds Place cucumber cut side down and slice diagonally into thin slices Toss cucumber with onion mixture

3 Prepare sauce Whisk peanut butter and hot water together in a small bowl Stir in remaining minced garlic 1 tsp ginger 1 Tbsp cilantro brown sugar fish sauce and lime juice Mix until well combined If sauce doesn't come together easily heat in microwave for 20 seconds

4 Heat oil in a large nonstick skillet over medium high heat Place burgers in skillet and cook until each side is golden brown about 3 to 4 minutes per side If burgers are browning too quickly reduce heat to medium flip burgers again reduce heat to low partially cover the pan and continue to cook until center of each burger is completely opaque about 6 to 7 minutes

5 To serve transfer burgers to buns top with sauce and cucumber relish and serve

APPROXIMATE NUTRITIONAL VALUES PER SERVING 440 CALORIES 33G CARBOHYDRATES 27G PROTEIN 23G FAT (5G SATURATED) 75MG CHOLESTEROL, 1 390MG SODIUM 3G FIBER

BUFFALO CHICKEN SANDWICH

BUFFALO CHICKEN SANDWICH

SERVES 4
ACTIVE TIME 20 MINUTES
TOTAL TIME 30 MINUTES

The classic Buffalo wings appetizer becomes a sandwich. For a time saving substitute pick up precooked Boneless Buffalo Chicken Tenders from our Deli department

Note *If you can't find thin cut breast fillets make your own by simply slicing 3 boneless, skinless chicken breasts in half horizontally*

- 1 cup buttermilk
- 2 Tbsp hot pepper sauce plus extra for drizzling on cooked chicken
- 1 tsp salt divided
- 1 lb Hannaford Inspirations Chicken Tenders
- ¼ head of Iceberg lettuce thinly cut approximately 4 to 5 cups
- 1 carrot peeled and grated
- 1 celery stalk thinly sliced on the bias
- 3 Tbsp Hannaford Inspirations Blue Cheese dressing
- 1 cup flour
- ½ tsp cayenne pepper
- ½ cup peanut or vegetable oil
- 4 (6 inch) sub rolls cut in half lengthwise

1. Combine buttermilk hot pepper sauce and ½ tsp of the salt in a medium bowl Add Chicken Tenders and let soak 15 minutes

2 While chicken is marinating make slaw Combine shredded lettuce with grated carrot and sliced celery toss with Blue Cheese dressing and set aside

3 In a shallow dish whisk together flour remaining ½ tsp of the salt and cayenne Remove cutlets from buttermilk coat each cutlet in flour mixture dip back into buttermilk and then back into flour Set cutlets on a plate

4 Heat oil in a large skillet over medium high heat until simmering Fry cutlets until crisp and deep golden in color and cooked through about 2 to 3 minutes per side Use tongs to turn cutlets Transfer to a paper towel-lined plate

5 To serve, cut each sub roll ¾ of the way through Divide tenders among the 4 rolls slicing in half if necessary Drizzle 1 tsp hot sauce (or to taste) over tenders Place a quarter of the slaw on top of tenders in each roll Serve immediately

APPROXIMATE NUTRITIONAL VALUES PER SERVING 710 CALORIES 63G CARBOHYDRATES 38G PROTEIN 36G FAT (4G SATURATED) 70MG CHOLESTEROL, 1,260MG SODIUM 5G FIBER ●

Eva Katz is a Boston-based food writer and contributing editor at Cook's Country magazine

Story by Carolyn Faye Fox
Photographs by Mark Ferri

Local Flavors

In the Produce department at Hannaford, more and more vegetables and fruits are from nearby farms

Whether you're anticipating the tart-sweet crunch of fall's first apple, savoring the deep rich flavor of a perfect tomato, or enjoying the heady fragrance of chopped basil, fresher is always better. And nothing's fresher, tastier, or better for the environment than produce grown on local farms, picked at just the right time, and rushed to your local Hannaford. By purchasing produce nearby, we're reducing the number of trucks out on the road and their exhaust emissions. So local flavors are good for the earth and the taste buds. We asked three of the farmers who keep our Produce department filled with a selection of the freshest fruits and vegetables available to share some of their favorite recipes.

FOOD STYLING: A.J. RATTRAYNE INGRIDS
INSET PHOTOGRAPH: STOCKFOOD

(BACKYARD BEAUTY TOMATO AND SHRIMP STUFFED POPOVERS)

Tomatoes with TLC

Tomatoes unlike people don't benefit from travel. "The average tomato travels two or three thousand miles before it gets on the shelf," says Tim Cunniff, Backyard Farms Vice President of Sales and Marketing.

Backyard Farms whose hydroponic tomato greenhouse in Madison Maine is the largest greenhouse in New England isn't your average farm.

"The whole basis of our business is an agricultural model serving local people hiring local people and serving local communities," says Cunniff. And the tomatoes themselves are local. They're picked packed and shipped to our Maine New Hampshire and Massachusetts stores all within 24 hours. The tomatoes stay on the vine until they're completely red and ripe, allowing the starches to become sugars naturally. This means Backyard Beauty tomatoes straight off the vine when they get to stores taste like summer all year long.

(BACKYARD BEAUTY NAPOLEONS)

BACKYARD BEAUTY TOMATO AND SHRIMP STUFFED POPOVERS

SERVES 6
ACTIVE TIME 45 MINUTES
TOTAL TIME 1 HOUR 45 MINUTES

Filled with a delicious mix of shrimp and tomatoes these simple popovers make an impressive first course. For details on how to peel tomatoes see Tomato Techniques on page 7.

Popovers

- 1 cup sifted all purpose flour
- ½ tsp. salt
- 2 large eggs
- 1 cup whole milk (not low-fat or skim)
- 1 Tbsp. unsalted butter

Tomato Shrimp Stuffing

- 2 Tbsp. olive oil
- ¼ cup unsalted butter
- 1 medium onion diced
- 1½ tsp. sliced garlic about 2 small cloves
- 4 Backyard Beauty tomatoes skin removed and quartered
- ½ cup white wine
- ½ tsp. kosher salt or to taste
- ¼ tsp. freshly ground black pepper or to taste
- 1 Tbsp. fresh tarragon or 1 tsp. dried
- ½ lb. cooked shrimp
- 2 slices white bread cut into ½ inch cubes
- 5 oz. Hannaford Inspirations® Baby Arugula

1. Put oven rack in lower part of oven so that tops of popovers will be nearer to middle of oven. Preheat oven to 450°F.

2. Prepare popovers. In a large mixing bowl, mix together flour and salt.

3. In a small mixing bowl whisk eggs until yolks and whites are completely mixed and change color to a uniformly pale shade of yellow. Whisk in milk.

4. Place a 12-cup muffin pan on a baking sheet and place in oven to heat for at least 5 minutes. While pan is heating whisk liquid ingredients into dry ingredients until just mixed. There will be some small lumps left in batter.

5. Melt butter in a small pan. Remove muffin or popover pan from oven and brush individual cups with melted butter. Divide batter evenly among 12 cups. Replace pan on baking sheet in oven.

6. Bake popovers at 450°F for 20 minutes. Reduce heat to 375°F and bake for another 13 to 15 minutes or until popovers are puffed up golden brown and crisp. Important: Do not open oven door for first 30 minutes of baking or popovers may collapse.

7. While popovers bake prepare tomato shrimp stuffing. In a large saucepan over low heat combine olive oil and butter. When butter has melted add onion. Sauté over medium-low heat until translucent about 3 to 4 minutes. Add garlic and saute for another minute. Add tomatoes wine salt and pepper. Bring to a simmer then cook over medium low heat for 30 minutes stirring occasionally. Tomatoes should be soft and beginning to break down. Liquid will evaporate and mixture should be thick. Add tarragon and shrimp then remove from heat and cool until lukewarm about 20 minutes. Roughly chop mixture and toss with bread cubes.

8. Cut each popover in half and place about ⅓ cup stuffing in bottom half. Place top half over stuffing. To serve divide arugula over 6 plates. Place 2 stuffed popovers on each plate. Serve immediately.

YIELD [illegible]

360 CALORIES 30G CARBOHYDRATES 18G PROTEIN 19G FAT (8G SATURATED) 175MG CHOLESTEROL 370MG SODIUM 3G FIBER

BACKYARD BEAUTY NAPOLEONS

SERVES 8

ACTIVE TIME 40 MINUTES

TOTAL TIME 1 HOUR

In this classic dish, layers of grilled egg plant, tomato and fresh mozzarella are enhanced with a basil marinade and a drizzle of balsamic vinegar

- 6 Tbsp. extra virgin olive oil
- 3 cloves garlic minced
- 1 1/2 tsp kosher salt or to taste
- 1/2 tsp. freshly ground black pepper or to taste
- 2 small or medium eggplants or 1 large about 1 3/4 lb. sliced into 1/2 inch rounds (16 slices)
- 3 Backyard Beauty tomatoes tops and bottoms sliced off and sliced into 1/4 inch rounds (16 slices)
- 3 (4-oz.) fresh mozzarella balls cut into 1/4 inch slices (16 slices)
- 12 large basil leaves sliced into very thin strips
- 2 Tbsp. balsamic vinegar preferably aged divided
- 4 cups Hannaford Inspirations Spring Mix lettuce

1. In a medium bowl, combine olive oil, garlic salt and pepper Divide mixture in half

2. Preheat grill or broiler. Place eggplant on a baking tray or platter and brush both sides of eggplant slices with one half of the oil mixture Let marinate while grill is heating up about 10 minutes Grill or broil eggplant until charred and softened about 3 to 4 minutes per side Cool slightly.

3. Gently toss tomatoes and mozzarella cheese with remaining olive oil mixture basil and 2 tsp of balsamic vinegar

4 Lay 8 pieces of eggplant on a work surface or baking sheet top each with a slice of tomato and then a slice of mozzarella Repeat with one more slice of each There should be some dressing remaining in the bowl from the tomatoes and mozzarella toss greens with this dressing Arrange a small mound (about 1/2 cup) of greens on each of 8 plates Top each mound with a napoleon Drizzle 1/2 tsp of balsamic vinegar on each stack Serve immediately

APPROXIMATE NUTRITIONAL VALUES PER SERVING

210 CALORIES 14G CARBOHYDRATES 17G PROTEIN 11G FAT (1 5G SATURATED) 5MG CHOLESTEROL 660MG SODIUM 8G FIBER

Special Deliveries

"People really like knowing where the product comes from " says Phyllis Underwood co owner with her husband of Underwoods Greenhouse in Shushan N Y which has grown and delivered tomatoes to our New York stores for almost 10 years

"We deliver directly to stores," she says "I go to 12 different stores twice a week "

Customers appreciate knowing that Underwoods tomatoes — both vine-cluster and regular beefsteak — are grown without insecticides or pesticides inside a greenhouse that never fails to impress visitors

"Customers go out of their way to get here They always say Wow '" says Underwood "The greenhouse is pristine and high tech with the environment controlled by computer We use biologicals to control pests "

Last year Underwood started to grow basil which she reports has been extremely popular "People have sought me out to say how fresh and full of flavor it is "

UNDERWOOD FARM GAZPACHO

SERVES 8

ACTIVE TIME 25 MINUTES

TOTAL TIME 4 HOURS, 25 MINUTES INCLUDING CHILLING TIME

UNDERWOOD FARM GAZPACHO

A bowl of cold fresh gazpacho is a wonderful meal for hot days and one of the best possible ways to enjoy beautiful ripe tomatoes

- 3 cups tomato based vegetable juice
- 6 Shushan Select All Natural Tomatoes finely chopped
- 1 green bell pepper finely chopped
- 1 cucumber, finely chopped
- 1 cup finely chopped celery (about 3 large or 5 small stalks)
- 1 bunch scallions chopped both green and white parts (about 1 cup)
- 3 Tbsp red wine vinegar
- 2 Tbsp olive oil
- 1 tsp salt
- 1 Tbsp chopped parsley or cilantro
- 3 cloves garlic, minced
- ½ tsp freshly ground black pepper or to taste
- ½ tsp. hot pepper sauce or to taste

1 In a large nonreactive bowl combine juice tomatoes bell pepper cucumber celery scallions vinegar olive oil salt parsley or cilantro and garlic Cover and refrigerate at least 4 hours or overnight
2. Just before serving add black pepper and hot pepper sauce Serve chilled

APPROXIMATE NUTRITIONAL VALUES PER SERVING
90 CALORIES 13G CARBOHYDRATES 3G PROTEIN 4G FAT (0 5G SATURATED) 0MG CHOLESTEROL 550MG SODIUM 4G FIBER

HYDROPONICS

Also known as hydroculture, hydroponics is the practice of growing crops by using mineral nutrient solutions instead of soil Because this practice results in virtually no risk of soil-borne diseases and weeds fewer, if any, pesticides are required Inside the controlled environment of a greenhouse, hydroponics can maximize plant nutrition while using less energy and space than conventional farming. The Backyard Farms greenhouse, with 1 million square feet of growing space is 20 times more productive per acre than a traditional farm

UNDERWOOD FARM PESTO WITH POTATOES

SERVES 4
ACTIVE TIME 15 MINUTES
TOTAL TIME 35 MINUTES

Pesto is flavorful purée for paste Here we toss it with steamed potatoes but it's also great on top of grilled chicken or fish

- 1½ lb small red potatoes scrubbed larger potatoes (2-inch) cut into quarters smaller (1inch) cut in half
- ⅔ cup fresh Shushan Select All Natural Basil leaves
- ¼ cup freshly grated Parmesan cheese
- ¼ cup extra virgin olive oil
- 4 cloves garlic
- ¼ cup pine nuts
- ½ tsp salt

1 Place potatoes in a large saucepan and cover with water Bring to a boil over medium high heat. Lower heat and simmer potatoes until just tender about 10 to 12 minutes
2. While potatoes cook prepare pesto In a blender or food processor combine basil cheese olive oil and garlic Purée or process until smooth Stir in pine nuts
3. Drain potatoes and toss with pesto in a medium bowl Season with salt and serve warm or at room temperature

APPROXIMATE NUTRITIONAL VALUES PER SERVING
330 CALORIES 30G CARBOHYDRATES 7G PROTEIN 22G FAT (3 5G SATURATED) 5MG CHOLESTEROL 380MG SODIUM 4G FIBER

Farm Stand Fresh

As the third generation of his family to own and operate Lanni Orchards Pat Lanni has the experience to grow produce ranging from apples to zucchini as well as the expertise to work closely with Hannaford to ensure a consistent supply of fruits and vegetables at our Massachusetts and New Hampshire stores

Lanni itemizes a long list of farm stand produce "We grow apples peaches plums nectarines strawberries blueberries We grow cucumbers summer squash zucchini broccoli cauliflower eggplant peppers and the summer favorites corn and tomatoes "

Of course some harvests are better than others so Lanni who runs the farm with two cousins also cultivates fellow farmers "We work with other growers and with Hannaford produce managers so they don't have to worry about whether we have enough of something " Demand for sweet corn, for example might exceed that of his own fields so Lanni makes sure the corn they get from nearby farms is on the shelves as soon as possible "[It] usually gets to Hannaford within 24 hours of being picked " he says "We don't let it sit around."

Lanni Orchards located only about a mile from our store in Lunenburg Mass has its own on site farm stand Is Lanni competing against himself? He laughs "People like to come to the farm " he says but at Hannaford they can get farm stand-quality produce in their supermarket without making a special trip

LANNI ORCHARDS SUMMER SQUASH SALAD

SERVES 4
ACTIVE TIME 15 MINUTES
TOTAL TIME 2 HOURS 15 MINUTES

This refreshing salad flavored with dill and parsley is a great way to use zucchini Try using other herbs for a variation

- 1 medium zucchini cut in half lengthwise then sliced thinly into half moons (about 2 cups)
- 1 medium yellow squash cut in half length wise then sliced thinly into half moons (about 2 cups)
- 5 medium radishes cut in half and sliced into thin half moons (about 1 cup)
- 3 scallions both white and green parts thinly sliced (about ⅓ cup)
- 2 Tbsp cider vinegar
- 2 tsp Dijon mustard
- 2 Tbsp finely chopped parsley
- ¾ tsp. salt
- 1 Tbsp fresh dill or 1 tsp dried dill
- ¼ tsp. freshly ground black pepper
- 3 Tbsp olive oil

1 In a large bowl combine zucchini yellow squash radishes and scallions Mix evenly
2. In a small bowl combine vinegar mustard


UNDERWOOD FA
PESTO WITH POTATO

(LAHM! ORCHARDS SUMMER SQUASH SALAD)

(C[illegible] APPLE PIE CUPS FOR C[illegible] RECIPE)

parsley salt dill, and pepper Whisk in olive oil until emulsified Pour dressing over vegetables and toss to coat completely Cover bowl and refrigerate for at least 2 hours Serve chilled

APPROXIMATE NUTRITIONAL VALUES PER SERVING
120 CALORIES 6G CARBOHYDRATES 2G PROTEIN 11G FAT (1 5G SATURATED) 0MG CHOLESTEROL, 490MG SODIUM 2G FIBER

BIOLOGICAL CONTROLS

To minimize the use of chemical pesticides and fertilizers, many farmers utilize *biological controls* – that is, natural organisms – to control pests and provide protection from plant diseases. For example, natural bacteria may be used to combat destructive bugs and insects. On the other hand, some insects are helpful. At Backyard Farms, native bees pollinate the tomato plants inside the greenhouse

LANNI ORCHARDS CARAMEL APPLE PIE CUPS

SERVES 12
ACTIVE TIME 50 MINUTES
TOTAL TIME 1½ HOURS

Any extra crust left over from these tasty autumn tarts can be rolled out, sprinkled with cinnamon sugar and baked to make easy and impressive cookies

- ¾ cup packed light brown sugar
- 3 Tbsp salted butter
- ¼ cup apple juice
- ¼ cup heavy cream
- ¼ tsp. apple pie spice or ⅛ tsp ground cinnamon plus a pinch of cloves and a pinch of allspice
- 1 Tbsp. cornstarch
- 8 soft caramel candies
- 3 baking apples, preferably Cortland or Empire peeled cored and chopped into ½-inch pieces
- 2 (11 oz) boxes pie crust mix
- ½ cup cold water
- 1 egg lightly beaten

1 In a large skillet over medium heat combine brown sugar butter apple juice cream, spice cornstarch and caramels Cook, stirring occasionally until caramels melt Stir to mix Then add apples. Raise heat to medium high and bring mixture to a boil stirring frequently Simmer for 8 to 10 minutes Apple pieces should still hold their shape Sauce will be thick and syrupy and begin to turn from golden to deep brown Remove from heat and set aside

2. Preheat oven to 425°F In a large bowl stir together pie crust mix with cold water until dough comes together in a ball Use your hands and knead mixture in bowl or on work surface three to four times to make dough cohesive do not overknead as dough can become tough Divide in half Transfer one half to a floured work surface Roll dough to ¼- to ⅛ inch thickness Using a 4-inch cookie cutter (or lid from a 13 oz coffee can) cut out 6 circles Then use a 2¾-inch cookie cutter to cut 6 smaller circles re rolling scraps as needed. Repeat with remaining dough cutting out 6 larger and 6 smaller circles

3 Press each larger circle into one cup of a 12-cup muffin pan making sure to press up the sides and overlap the edges slightly Prick bottom of each circle a few times with a fork Fill each cup with a scant ¼ cup of filling Brush edges of smaller circles of pastry with egg. Top each cup with a smaller circle pressing and pinching edges together Important — make sure tops are tightly sealed Prick top crust a few times with a fork Brush tops with egg to give tarts a shiny golden appearance

4 Bake for 15 minutes until tops are golden brown Let rest 10 minutes in pan then remove and serve warm

APPROXIMATE NUTRITIONAL VALUES PER SERVING
420 CALORIES 56G CARBOHYDRATES 5G PROTEIN 21G FAT (7G SATURATED), 35MG CHOLESTEROL, 340MG SODIUM 2G FIBER

Boston-based writer Carolyn Faye Fox is a frequent contributor to fresh

super seafood

By Kimberly Mayone and Adam Ried
Photographs by Sheri Giblin

Flavorful, healthy, and faster than ordering takeout, seafood is perfect for a meal in minutes

To some, "fast food" means a burger from the drive-through or a pizza delivered to the front door, but to us, it means "fish for dinner." Most seafood cooks in just a couple of minutes, so a fish fillet with a simple pan sauce or crunchy coating would likely beat a delivered pizza to the table. Fish is a snap to prepare, it's light and clean on the palate, and it delivers high quality protein with little fat, aside from the occasional heart-healthy omega-3 fatty acids.

At the risk of oversimplification, we tend to think of seafood in three broad categories — those with flaky, generally white, and sometimes fragile flesh and delicate flavor; those with slightly darker flesh and richer flavor; and shellfish. Regardless of the type, all fish should appear fresh, firm, and glistening when you buy it. Fish should smell fresh, clean, and of the sea. If there's even a hint of strong or unpleasant odor, take a rain check.

Though not as fragile as sole or cod, halibut has a very lean white flesh and mild flavor that pairs beautifully with the tingle of lemon and woodsy sage in our recipe for pan-fried halibut. Tilapia is one of the firmer white-fleshed fishes, making it the perfect candidate for a quick, crunchy nut coating in our Pistachio-Topped Tilapia.

Salmon and swordfish both have meatier, darker flesh, placing them squarely in our second category. Salmon may be America's most popular fish, and wrapping beautiful green asparagus spears with satiny slices of smoked salmon is a fast and delicious way to showcase its rich flavor and singular texture. Swordfish is great on the grill, or cut into chunks and paired with a perky New Orleans–style Creole sauce.

Cooking mussels is delightfully simple — just steam in aromatic liquid for five minutes and enjoy. We offer Thai flavors for an accompanying broth. Of course, it's possible to mix different types of seafood, as we do in the bouillabaisse, the classic fisherman's soup of Marseille, on the Mediterranean coast in the south of France.

When you're fishing for a quick and easy soup, salad, appetizer, or entree recipe, try these and seafood just might become a staple in your repertoire.

SMOKED SALMON AN
ASPARAGUS WRAPS)

FOOD STYLING EP N QUIN PROP STYLING CAROL HACKER

THAI-INSPIRED COCONUT-STEAMED MUSSELS

SMOKED SALMON AND ASPARAGUS WRAPS

SERVES 4
ACTIVE TIME 20 MINUTES
TOTAL TIME 20 MINUTES

A seafood twist on a party classic uses thin strips of silky smoked salmon wrapped around crisp asparagus. Using a sandwich bag to pipe the creamy filling makes these appetizers super-quick for the cook.

- 8 thick asparagus stalks
- 3 Tbsp water
- 1 (4 oz.) package sliced smoked salmon (about 3 to 6 slices)
- ⅓ cup garlic and herb whipped cream cheese
- 24 toothpicks (optional)
- Freshly ground black pepper (optional)

1. Cut off the bottom quarter of each asparagus stalk and discard. Cut stalks into even thirds at a diagonal. Place asparagus in a single layer on a microwave-safe plate. Add water, cover with plastic wrap, and microwave on high for 2 minutes. Place cooked asparagus into a strainer and run cold water over it to stop cooking. Wrap cooled asparagus in paper towels.
2. While asparagus is cooking, cut each slice of salmon into thick strips; there should be a total of 24 strips. Transfer cream cheese to a resealable plastic bag and seal bag. Snip off a ¼-inch tip from one of the bag's bottom corners.
3. Place a long sheet of foil or parchment paper on a flat surface. Lay out strips of smoked salmon on foil. Squeeze a line of cream cheese from end to end down the middle of each strip. Press one piece of asparagus at one end of each salmon strip on top of cream cheese.
4. Lift salmon up around asparagus and roll until asparagus is wrapped. Press into place or secure with a toothpick. Repeat this step until all rolls are completed; then transfer rolls to a plate or bowl. Refrigerate until ready to use. Rolls may be prepared several hours in advance or served immediately. Garnish with freshly ground black pepper, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
90 CALORIES 2G CARBOHYDRATES 7G PROTEIN 6G FAT (3.5G SATURATED) 25MG CHOLESTEROL 310MG SODIUM 1G FIBER

THAI-INSPIRED COCONUT-STEAMED MUSSELS

SERVES 4
ACTIVE TIME 30 MINUTES
TOTAL TIME 30 MINUTES

Rinse, scrub, and debeard (remove the fibers or threads emerging from the shells) the mussels just before cooking, and discard

FRESH GARLIC IN A JAR

Fresh garlic is great, but peeling and mincing or crushing can add extra time when you're preparing a quick meal. Garlic powder just doesn't have the same flavorful bite. But fresh garlic in a jar is the perfect choice for meals in minutes. It comes in a variety of forms—chopped, minced, crushed into a paste—and adds a pungent garlic taste to any dish calling for fresh garlic. Look for garlic in a jar in our Produce department.

any with loose or open shells. After steaming, discard any mussels that haven't opened. For an authentic touch, substitute two stalks of fresh lemongrass for the strips of lemon zest. Peel off the outer leaves, smash the stalks with the broad side of your knife, and cut the stalks into 2-inch lengths.

Note: *The fish sauce adds a distinctive and unique flavor to this recipe, but can be reduced or omitted if you wish to cut back on sodium.*

- 1 Tbsp. canola or vegetable oil
- 1 medium onion, chopped (about 1 cup)
- 2 Tbsp. minced garlic
- 1 (1-by-2-inch) piece fresh ginger, peeled, cut into three pieces, each one smashed with the broad side of a knife
- ½ fresh serrano chili pepper, seeded, smashed with the broad side of a knife
- 5 (4-inch) strips zest from 1 lemon
- 1 (14-oz.) can light coconut milk, shaken well
- 6 Tbsp. freshly squeezed lime juice
- 1½ Tbsp. fish sauce
- 4 lb. mussels, rinsed, debearded, and scrubbed
- 1 cup chopped fresh basil, divided
- ½ cup chopped fresh cilantro
- 1 lime, cut into wedges for garnish

1. In a large stockpot (preferably 8 quarts or more) over medium heat, warm the oil. Add onion, garlic, ginger, chili, and lemon zest and cook, stirring often, until onion is softened and fragrant, 3 to 4 minutes.
2. Add coconut milk, lime juice, and fish sauce, cover pot, adjust heat to medium-high, and bring mixture to a strong boil. Remove cover, add mussels and ½ cup basil, stir to coat mussels with onions and seasonings, replace cover, and simmer over medium heat, stirring occasionally, until mussels are opened fully, about 5 minutes.
3. Add remaining ½ cup basil and cilantro, stir to distribute, and serve with some of the broth. Garnish with lime wedges.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
540 CALORIES, 30G CARBOHYDRATES, 55G PROTEIN, 22G FAT (7G SATURATED), 125MG CHOLESTEROL, 1,820MG SODIUM, 2G FIBER

CAJUN SWORDFISH BITE

SERVES 6
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 20 MINUTES

These tasty bites of swordfish are inspired by the spicy flavors of the bayou.

- 1 Tbsp. Hannaford Inspirations® Cajun Rub
- 1 lb. swordfish steak about 1 inch thick, skin removed, cut into ¾-inch chunks
- 3 Tbsp. unsalted butter, melted
- ¼ tsp. freshly ground black pepper
- 1½ tsp. Tabasco sauce
- 1 Tbsp. Worcestershire sauce
- 2 Tbsp. freshly squeezed lemon juice
- ½ tsp. minced garlic
- 2 tsp. honey
- 1 lemon, cut into 6 wedges
- 2 scallions, green part only, finely sliced
- Toothpicks

1. Preheat oven to 400°F. Line a baking sheet with foil and spray with vegetable cooking spray. Set aside.
2. Place Cajun Rub in a large bowl. Add swordfish pieces and toss well to coat with seasonings.
3. In a medium bowl, combine melted butter, black pepper, Tabasco sauce, Worcestershire sauce, lemon juice, garlic, and honey and whisk until smooth.


(CAJUN SWORDFISH BITES)

4. Pour butter mixture over swordfish pieces and stir well to combine. (Butter in sauce may solidify if swordfish is very cold; this is OK.)
5. Transfer entire mixture to prepared baking sheet and spread into an even layer, making sure swordfish pieces are not touching each other.
6. Bake for 10 to 12 minutes until swordfish is cooked through. The flesh should be firm and opaque throughout. Use a spatula to toss swordfish with sauce on baking sheet.
7. To serve, pile sauced swordfish into center of a small platter. Arrange lemon wedges around edges and scatter sliced scallions over swordfish bites. Place toothpicks in some of the pieces of swordfish, and set additional toothpicks on the side. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 160 CALORIES, 5G CARBOHYDRATES, 15G PROTEIN, 9G FAT (4.5G SATURATED), 45MG CHOLESTEROL, 260MG SODIUM, 0G FIBER

STREAMLINED BOUILLABAISSE

SERVES 6
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 30 MINUTES

Classic French bouillabaisse includes a wide variety of fish, sometimes as many as 10 types, and can cook for a long time. To ease preparation, we've narrowed the selection to three. If you have extra time, substitute 2 lb. mussels for the red snapper. Add them to the pot first; stir to cover with onions, and cover the pot for about three minutes before adding the other seafood.

- 3 Tbsp. extra virgin olive oil, divided
- 1 large onion, chopped (about 1 1/2 cups)
- 2 Tbsp. minced garlic, divided
- 2 tsp. fennel seeds, crushed
- 1 medium bay leaf
- 1 tsp. dried thyme
- 1/2 tsp. saffron threads
- 8 (4-inch) strips zest from 1 medium orange
- 1 (14.5-oz.) can diced tomatoes
- 4 cups seafood stock or fish stock
- 1/2 cup dry white wine
- 12 1-inch thick slices Hannaford Inspirations Baguette
- 1 1/4 lb. red snapper, cod, or other sturdy white fish, cut into 1 1/2- to 2-inch chunks
- 1 1/4 lb. monkfish or skinned halibut, cut into 1 1/2- to 2-inch chunks

(STREAMLINED BOUILLABAISSE)

SHORTCUT ROUILLE

Rouille (pronounced roo-ee, and meaning *rust* in French) is a reddish, spicy, garlicky, homemade mayonnaise that traditionally accompanies bouillabaisse. Since speed is the name of our game, we developed a cheater's rouille based on prepared mayonnaise. It takes only a few minutes to throw together, and it approximates the real thing nicely. You can either add a small dollop to each serving of bouillabaisse or smear rouille on the toasts before spooning the fish and broth over them.

Mix **2 tsp. minced garlic** and **1 Tbsp. seafood or fish stock** in a small, non-reactive bowl until smooth. Add **1/3 cup mayonnaise, 1/2 tsp. Dijon mustard, 1 tsp. freshly squeezed lemon juice, 3/4 tsp. sweet paprika, 1/2 tsp. salt,** and **a pinch of cayenne** and stir to blend. Serve rouille shortly after it's made, or cover with plastic wrap and refrigerate up to 6 hours.

- 1/4 lb. peeled and deveined jumbo shrimp
- 1/2 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper, or to taste
- 2 Tbsp. anise-flavored liqueur (optional)
- 2 Tbsp. finely chopped parsley, for garnish

1 In a large stockpot over medium heat warm 2 Tbsp. olive oil. Add onion, 1½ Tbsp. of the garlic, fennel seeds, bay leaf, thyme, saffron, and orange zest. Cook, stirring often, until softened and fragrant, 3 to 4 minutes. Add tomatoes, stock, and wine; cover pot, adjust heat to medium-high and bring mixture to a strong boil. Remove cover from pot and boil to emulsify oil and liquid and blend flavors, about 5 minutes.
2 Meanwhile, toast baguette slices in preheated oven or toaster oven until browned. Place two toasts in each of six serving bowls.
3 Sprinkle fish and shrimp with salt and pepper and add to pot along with remaining ½ Tbsp. garlic, 1 Tbsp. olive oil, and anise liqueur, if using. Stir to coat fish and shrimp with onion and seasonings and simmer, covered, until cooked through, about 5 minutes. Don't stir too much because it breaks up the fish. Adjust seasoning with additional salt and pepper if needed, and remove and discard bay leaf and orange zest strips. Spoon fish and shrimp over toasts in bowls, ladle broth over fish, sprinkle with chopped parsley and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
370 CALORIES, 26G CARBOHYDRATES, 59G PROTEIN, 24G FAT (3.5G SATURATED), 225MG CHOLESTEROL, 770MG SODIUM, 3G FIBER

PISTACHIO-TOPPED TILAPIA WITH BALSAMIC CHERRY SAUCE

SERVES 4
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 25 MINUTES

Tilapia fillets are perfect for quick cooking. In our recipe, fillets are topped with flavorful, crunchy pistachios and finished with a rich cherry sauce accented with balsamic vinegar.

PISTACHIO-TOPPED TILAPIA WITH BALSAMIC CHERRY SAUCE

Fish

- 3 Tbsp. all-purpose flour
- 1/2 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper
- 1 egg, beaten
- 2/3 cup coarsely chopped unsalted roasted pistachios
- 4 tilapia fillets (about 1 lb.)

Sauce

- 2 Tbsp. unsalted butter
- 1 Tbsp. finely minced shallot
- 1/3 cup dried cherries
- 1/4 tsp. freshly ground black pepper
- 1/4 cup apple jelly
- 1 Tbsp. balsamic vinegar
- 2 Tbsp. fat-free, low-sodium chicken broth

1 Preheat oven to 350°F. Line a baking sheet with foil and generously spray with vegetable cooking spray. Set aside.
2 Place flour onto a plate. Add salt and pepper and mix. Place beaten egg onto a separate plate. Place chopped pistachios onto a third plate.
3 Press one side of a tilapia fillet into flour, then egg, and then pistachios. Place fillet onto baking sheet, nut side up. Repeat this step with remaining fillets. Bake fillets for 10 to 12 minutes, until fish is cooked through. The flesh should be opaque and flaky.
4 While fish is cooking, make sauce. In a small saucepan over medium-high heat, add butter, shallot, cherries, and black pepper. Cook and stir until shallots start to soften, about 2 minutes. Add apple jelly, vinegar, and broth and increase heat to high. Cook and stir until all apple jelly is melted and sauce begins to boil, about 2 to 3 minutes. Turn off heat, leaving pan on burner.
5 When fish is done, use a flat spatula to transfer fillets to 4 dinner plates. Spoon sauce over and around fillets and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
410 CALORIES, 33G CARBOHYDRATES, 30G PROTEIN, 18G FAT (6G SATURATED), 125MG CHOLESTEROL, 330MG SODIUM, 3G FIBER

(PAN-FRIED HALIBUT WITH SAGE AND LEMON)

PAN-FRIED HALIBUT ON [illegible] SAGE AND LEMON

SERVES 4
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 25 MINUTES

Fried fresh sage leaves serve double duty in this recipe as a seasoning and a garnish. Complemented by bright lemon flavors, this easy main course is bound to become a favorite.

- ¼ cup all-purpose flour
- 1 tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- ¼ tsp. ground paprika
- 1 Tbsp. lemon zest
- 1½ lb. halibut steaks or Hannaford Inspirations Cod Loins
- ⅓ cup olive oil
- 28 to 32 fresh sage leaves
- 1 lemon, ends trimmed, cut into rounds about ¼ inch thick

1. In a small mixing bowl, combine flour, salt, pepper, paprika, and lemon zest. Place seasoned flour onto a large plate. Pat halibut steaks dry with a paper towel. Press all sides of halibut steaks into seasoned flour; shake off excess flour and place on dry plate. Set aside.

2. Add olive oil to a large skillet over medium-high heat. When skillet is hot, add sage leaves a few at a time and fry until color changes, about 20 to 30 seconds. (You can test if oil is hot enough by adding one sage leaf and waiting until it sizzles to the top.) Gently transfer fried sage leaves to a paper towel and set aside. The leaves will be quite delicate.

3. Add halibut steaks to skillet and fry until a golden crust has formed, about 4 to 5 minutes. Turn halibut, reduce heat to medium, and place lemon rounds on top of halibut. Cook another 3 to 5 minutes, until the flesh becomes opaque.

4. To serve, divide halibut steaks into 4 equal portions on 4 dinner plates and garnish each portion with an equal amount of fried sage leaves. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 360 CALORIES, 10G CARBOHYDRATES, 37G PROTEIN, 19G FAT (2.5G SATURATED), 55MG CHOLESTEROL, 570MG SODIUM, 1G FIBER ●

Kimberly Mayone runs WOW Delicious, a recipe development company in Maine. She has coauthored two cookbooks.
Adam Ried is a food and travel writer and the kitchen equipment specialist on the PBS show America's Test Kitchen.

ZEST FOR COOKING

You'll notice a few recipes call for strips of lemon or orange zest. The zest of a citrus fruit is the thin colored part of the skin that adds flavor to soups, salads, and desserts immediately underneath it is white *pith*. Avoid using pith, as it gives dishes a bitter flavor. To get zest, you can use a zester, a gadget that enables you to peel ultra thin strips of zest from the fruit, or a fine grater. To peel larger ¼-inch by 4-inch strips of zest such as those called for in these recipes, use a vegetable peeler. These larger strips can easily be removed at the end of cooking, making this technique useful when you want to impart a citrus flavor but don't want the texture of pieces of zest in the finished dish.

Italian-Style Vegetarian Dinners

Comfort food and good-for-you *can* go hand in hand

BY CATHERINE WALTHERS PHOTOGRAPHS BY SHERI GIBLIN

Great vegetarian dishes rely on foods considered the cornerstone of a healthy diet: vegetables, whole grains, and beans. As it happens, many of the world's traditional cuisines that we love — Italian, Asian, Mexican, and Indian — depend heavily on these very same categories of foods.

Nutritional information is often in the news these days, and sometimes reports are confusing or even conflicting. But there seems to be uniform agreement among health experts in this one area: we need more vegetables, whole grains, and power-packed beans. Our Italian-style vegetarian dinners feature all three.

A spicy pasta dish uses spaghetti squash for an interesting twist. Sometimes referred to as the "fun squash," this oval, yellow fall vegetable yields golden spaghetti-like strands that are mild, yet succulent. Slightly crunchy strands of spaghetti squash are often topped with a tomato sauce, but the squash gets a little lost prepared this way. Here, it's paired with whole wheat pasta for a more substantial entree with a deli-ciously simple sauce of roasted tomatoes, garlic, olive oil, and grated Parmesan. The result is a vibrant fall vegetarian dish that needs just a salad and a glass of white wine. And the hidden benefit is loads of vitamins A, C, and E, as well as protein and fiber from the squash, vegetables, and whole wheat pasta.

The polenta dish features broccoli rabe, a vibrant leafy green that Italians love to eat. Its a relative of broccoli with similar superior nutritional qualities, but it has a mustardy, peppery flavor and tastes terrific blanched in boiling water, which mellows the flavor perfectly.

In Italy, broccoli rabe is often served with sausage or cheese, adding zest to pasta or polenta. Vegetarians know that beans combined with grains can make a complete protein, as with the corn plus pinto beans here. The beans alone provide energy, giving complex carbohydrates & vitamins, zinc, potassium, folic acid, calcium, iron, and significant fiber — with little fat or sodium. Then add the benefits of eating leafy greens, and you have the secret of vegetarian dinners — loads of flavor with hidden bonuses.

SPAGHETTI AND SPAGHETTI SQUASH WITH ROASTED CHERRY TOMATOES

SERVES 5

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 60 MINUTES

This dish bridges summer and fall with fresh tomatoes and spaghetti squash. Though spaghetti squash is easy to roast, start it ahead of time because it takes a while to cook.

- 1 medium spaghetti squash (3 to 4 lb.)
- 3 Tbsp. extra-virgin olive oil, divided
- 2 pints cherry tomatoes
- 2 tsp. chopped fresh thyme leaves or ¾ tsp. dried thyme
- 1½ tsp. kosher salt, divided
- 2 cloves garlic, minced
- ¼ tsp. freshly ground black pepper
- 12 oz. whole wheat spaghetti
- ½ cup freshly grated Parmesan cheese
- ¼ cup fresh chopped parsley

(SPAGHETTI AND SPAGHETTI SQUASH WITH ROASTED CHERRY TOMATOES)

1. Preheat oven to 400°F. Align shelves in oven so a pan can fit on each shelf. Line two baking sheets with foil or parchment paper.

2. Cut spaghetti squash in half lengthwise. Use a spoon to scrape out seeds and stringy fibers at the center. Brush squash with 2 tsp. oil, place cut side down on one of the prepared baking sheets. Bake until a fork easily pierces squash, about 60 minutes.

3. Cut cherry tomatoes in half and place

FOOD STYLING: ERIN QUINN; PROP STYLING: CAROL HACKER

on second lined baking sheet Coat with 4 tsp of the olive oil sprinkle with thyme and 1 tsp of the salt and place in oven with squash Bake 5 minutes add minced garlic mix to distribute and continue cooking another 5 to 10 minutes until softened

4. When spaghetti squash is done turn it over. Let cool slightly and then remove strands with a fork scraping lightly Place squash in a bowl add remaining 1 Tbsp olive oil remaining ½ tsp salt and pepper Set aside

5. Cook pasta in a large pot of salted boiling water according to package directions Drain paste and place in a large serving dish Add spaghetti squash cherry tomatoes and all cooking juices Mix in Parmesan cheese top with parsley and serve immediately

(POLENTA WITH BROCCOLI RABE AND BEANS)

[illegible] CALORIES 62G CARBOHYDRATES 15G PROTEIN [illegible] FAT (3.5G SATURATED) 10MG CHOLESTEROL, 69 [illegible] SODIUM 9G FIBER

POLENTA WITH BROCCOLI RABE AND BEANS

SERVES 4

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 35 MINUTES

Polenta is a true comfort food, delicious and creamy — without any cream It makes a great base for a slightly spicy sauce of broccoli rabe pinto beans and tomatoes Polenta is made from corn grits which are coarsely ground bits of corn The bag is often labeled corn grits or polenta — not to be confused with instant polenta We add regular cornmeal as well which gives a smoother texture but you could also use all grits

Polenta

- 5 cups water
- ¼ tsp salt, or to taste
- ¾ cup corn grits or polenta
- ¼ cup cornmeal
- 1 Tbsp unsalted butter

Broccoli Rabe Sauce

- 1 bunch broccoli rabe rinsed ends trimmed and cut into 1 inch pieces (include stems leaves and small florets)
- 1 Tbsp. olive oil
- 1 shallot, thinly sliced
- 3 garlic cloves minced
- ¼ to ½ tsp red pepper flakes
- 1 (28 oz) can whole tomatoes, drained
- 1 (15 oz) can pinto beans rinsed and drained
- ½ cup grated cheddar cheese

1. Bring water and salt to a boil in a heavy bottom medium saucepan to cook polenta. Whisk in grits and cornmeal stirring constantly to prevent lumps Cook over low heat stirring frequently for about 20 minutes Cover pot about half way through cooking but continue to stir occasionally to prevent polenta from sticking After 20 minutes polenta will be thick but pourable Add butter and if desired additional salt to taste The polenta should have a texture similar to thin mashed potatoes If desired It can be made in advance then cooled cut into squares and reheated (see "Perfect Polenta" above)

2. While polenta cooks prepare sauce. Bring 6 cups of water to boil in a large saucepan Add broccoli rabe to boiling water cover and boil for 3 minutes (Do not overcook it will turn mushy) Remove to a colander to drain Rinse with cold water and set aside

3. Heat olive oil in a skillet over medium heat and sauté shallot for 3 minutes Add garlic and red pepper flakes and cook 1 minute Break apart tomatoes (by squeezing through your fingers or pressing with a fork and knife in the can after draining) and add along with pinto beans Simmer for 5 to 7 minutes Just before serving add broccoli rabe to reheat

4. To serve divide polenta among 6 plates Spoon tomato rabe mixture around polenta Sprinkle grated cheese on top of each dish Serve immediately

APPROXIMATE NUTRITIONAL VALUES PER SERVING 430 CALORIES 62G CARBOHYDRATES 17G PROTEIN, 12G FAT (5G SATURATED) 20MG CHOLESTEROL 650MG SODIUM 8G FIBER

Catherine Walthers is the author of Raising the Salad Bar Beyond Leafy Greens — Inventive Salads with Beans Whole Grains Pasta Chicken and More

PERFECT POLENTA

Cooked polenta can be eaten in a porridge like form or cooled and then cut into squares and reheated To prepare ahead of time pour polenta into a glass pie plate or square baking dish cover and cool in the fridge When ready to serve cut it into wedges or squares Heat a nonstick pan add 1 Tbsp olive oil and pan-sear polenta pieces on both sides until slightly crispy on the outside and hot inside

Following the Stars

Guiding Stars celebrates its first year of helping customers make better choices

BY KITTY BROIHIER MS RD

Just one year ago we introduced the revolutionary Guiding Stars™ nutrition navigation system and already it has made a big impression

The easy-to-use Guiding Stars rankings and accompanying signs are helping shoppers quickly locate food choices that offer the most nutrition for the calories "Shoppers were looking for a simple way to find nutritious foods in the store and this program does just that explains Julie Greene Hannaford's Director of Healthy Living "We designed the program for our customers as a direct response to what they told us they wanted."

And customers have responded enthusiastically to the rankings which extend to many categories of foods **One new addition is baby food** where ratings specially designed for this category help parents make the most nutritious choices Baby foods get points for vitamins and minerals that are important to infants and toddlers and lose points for added sodium and sugars

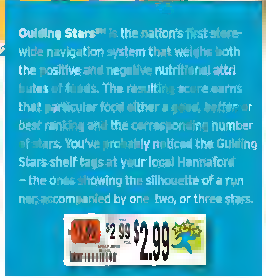
Customers have also asked for help in making choices among fats and oils and we're developing a ranking system for items in this category such as butter shortening, olive oil, canola oil, and so on which we'll introduce early next year

Many people have told us that they use the Guiding Stars ratings to help fill their grocery carts "It's been very validating to receive unsolicited comments from our shoppers thanking us for Guiding Stars " says Greene Fans of the program have also shared many personal stories of how the star rankings have helped them choose better foods for themselves and their families

Store sales are one measure of how popular the program is "Generally we've seen sales of products with stars grow at a faster rate than sales of products with no stars at all " explains Greene Its been so successful that the program has been expanded to our sister chain of supermarkets Florida-based Sweetbay

"But this isn't about selling more product it's about providing our customers with a service that nobody else offers " says Greene We're committed to bringing our customers practical ways to put the latest thinking about nutrition to work for them in the supermarket aisles All you have to do is follow the stars — at Hannaford

Guiding Stars™ is the nation's first store-wide navigation system that weighs both the positive and negative nutritional attributes of foods. The resulting score earns that particular food either a good, better or best ranking and the corresponding number of stars. You've probably noticed the Guiding Stars shelf tags at your local Hannaford – the ones showing the silhouette of a run nap accompanied by one two, or three stars.



PHOTOGRAPH PUNCHSTOCK

Back to School with Hannaford

Fall is just around the corner and kids are getting ready for another school year. It's time to sharpen pencils and sharpen eating habits as well to give children the nutrition they need to perform at their best. Hannaford's Guiding Stars℠ program is ready to go back to school with healthful foods for kids.

Kids who eat a good breakfast perform better in school. Even the busiest kids can set aside five or 10 minutes in the morning for a nourishing start. As you plan your week's menu, choose breakfasts that are fast and nutritious. Nutrition standouts include breakfast cereals and breads made from whole grains, low fat and nonfat milk and yogurt, and frozen breakfast entrees that are lower in fat.

What's for lunch? If a sandwich is on the menu, start with whole grain bread, a whole grain roll, or a whole wheat or multigrain tortilla. Foods made with whole grains are an important element of a healthy diet, and lunch is the perfect time to stock up. Be sure to stop by the Produce department and take your pick from the many fruits and vegetables that are perfect for lunch or a snack in school.

Busy kids are hungry kids, and hungry kids want and need a snack. Snack time is the perfect time for serving nutrition-packed foods like milk or yogurt, fruit, vegetables, and nuts. For a quick and delicious homemade snack, try making your own cereal mix, creating a signature combination of nuts and dried fruits, or putting together fruit kebabs to dunk into a yogurt dip.

Guiding Stars Appear in the Baby Food Aisle

Shopping for baby food? Guiding Stars℠ now appear in the baby food aisle to help you choose products that are best for your baby or toddler. Products are rated using a proprietary rating system developed specifically for baby foods. They get points for vitamins and minerals that are particularly important for infants and toddlers and lose points for added sodium and added sugars. Almost all Stage 1 and Stage 2 foods and most Stage 3 foods have 3 stars. Products with no stars either contain too much sodium or sugar or too few important vitamins and minerals.

Kids who eat well, learn well – and so do adults!

Taste of Fall

Spend some time warming up the kitchen with your family

BY MICHELE HOWARD PHOTOGRAPHS BY MARK FERRI

Gather the kids. Cooking is a great way to spend time together, create memories, and pass along life skills. In fact, one of the best ways to get children to try — and like — new foods is to involve them in the preparation. When they see what goes into it and have a hand in making it, they're far more likely to eat it. There's just something about the pride of accomplishment and the satisfaction of creation that opens doors, minds — and mouths.

On the fall menu are Turkey Chili, Cheesy Corn Muffins, and Homemade Cinnamon Applesauce. Beyond great taste and great fun, these recipes are ideal for families, as they make enough for leftovers to enjoy for lunch or dinner the next day. They also offer opportunities for kids to learn a variety of kitchen skills, including chopping, sauteing, measuring, and baking.

Preparing Turkey Chili will help kids learn about chopping different kinds of vegetables. Smaller children (under age 5) may be less involved with knife skills, although there are useful gadgets, such as vegetable choppers, that make it safer and easier for young children to chop. For older kids, a parent can do the initial prep work, such as removing tough ends from onions or stems from peppers. Show your kids how to cut away a peppers white membranes and discard the seeds. Kids can then use a knife to cut a large piece of pepper into smaller pieces. Make sure to show them how to hold the knife at least an inch away from the hand that's holding the vegetable pieces in place.

While the chili is simmering on the stove top, prepare the muffins. Kids can measure all the ingredients, so you can teach them to tell the difference between a teaspoon and a tablespoon, a quarter cup and a half cup, and so on. They can also learn how to crack an egg — have them crack it into a separate bowl at first, in case shell pieces get in. And you can teach kids how to use a grater to grate the cheese.

Homemade applesauce is a treat that's easy to prepare, and it's exciting to make something from scratch that kids normally see in a jar. Warm Homemade Cinnamon Applesauce is the perfect ending to a fall meal.

(CHEESY CORN MUFFINS)

FOOD STYLING: J.J. BATTAFARANO. PROP STYLING: FRANK MEMATALON DECOR
INSET PHOTOGRAPH: GETTY IMAGES

CHEESY CORN MUFFINS

MAKES 18 MUFFINS
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 40 MINUTES

These corn muffins go great with any tomato-based soup, and the hunt of cheese makes them especially perfect for our turkey chili. The muffins are also nice for breakfast the next day.

- 3/4 cup yellow cornmeal
- 3/4 cup sugar
- 1 3/4 cup all-purpose flour
- 4 tsp. baking powder
- 2 eggs
- 3/4 cup vegetable oil
- 3/4 cup water
- 1/4 cup maple syrup
- 3/4 cup finely shredded cheddar cheese

1. Preheat oven to 375°F. Take two muffin pans and line 18 of the cups with paper liners. Spray each liner with vegetable cooking spray.
2. In a large bowl, use an electric mixer on low speed to mix cornmeal, sugar, flour and baking powder.
3. Add eggs and oil. Mix on low until blended. Gradually add water and maple syrup until batter is smooth. Scrape down bowl, then mix on low speed for 5 minutes. Fold in cheddar cheese. Batter will be thick.
4. Scoop batter into prepared muffin pans, filling papers only halfway. Bake for 18 to 20 minutes, until surface is pale golden brown and a toothpick inserted into the center of a muffin comes out clean. Cool in pan for 10 minutes, then remove from pan to cooling rack. Serve warm or store, refrigerated, in a covered container and reheat.

What Kids Can Do

Prepare muffin pans with liners
Measure and mix ingredients
Older kids can grate cheese

APPROXIMATE NUTRITIONAL VALUES PER MUFFIN
220 CALORIES, 26G CARBOHYDRATES, 3G PROTEIN, 11G FAT (2G SATURATED), 30MG CHOLESTEROL, 160MG SODIUM, 0G FIBER

TURKEY CHILI

SERVES 8
ACTIVE TIME: 45 MINUTES
TOTAL TIME: 90 MINUTES

Chili is great both the day it's made and the next day, when flavors have had time to blend. Using three different color bell peppers is festive, but you can also make this chili with three of any one color.

Note: *Jalapeño and other chili peppers can be hot on young fingers, and are best chopped by adults. If you like your chili less spicy, discard seeds.*

- 2 Tbsp. canola oil, divided
- 2 lb. ground turkey
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 Jalapeño pepper, chopped
- 1 yellow bell pepper, chopped
- 1 red bell pepper, chopped
- 1 orange bell pepper, chopped
- 2 tomatoes, chopped
- 3 (6 oz.) cans tomato paste
- 2 cups water
- 2 tsp. salt
- 2 tsp. dried oregano
- 1/4 cup cayenne pepper
- 2 Tbsp. sugar
- 3/4 tsp. freshly ground black pepper
- 2 (15.5-oz. or 16 oz.) cans red kidney beans, rinsed and drained

Reduced-fat sour cream or yogurt for garnish

1. In a large skillet, heat 1 Tbsp. of the oil over medium heat. Add turkey and brown. When browned, remove from skillet and place in large stockpot.

(TURKEY CHILI)

2. Heat remaining 1 Tbsp. oil in skillet over medium heat. Add onion, garlic, jalapeño pepper, and yellow, red, and orange peppers and sauté. When onions are translucent, remove mixture to stockpot with turkey.
3. Add tomatoes, tomato paste, water, salt, oregano, cayenne pepper, sugar, black pepper, and kidney beans to stockpot. Cook over low heat for 1 hour, uncovered, stirring occasionally. To serve, ladle into bowls and top with a spoonful of sour cream or yogurt.

What Kids Can Do

Mix in ingredients
Brown ground turkey and sauté vegetables
Older kids can chop vegetables

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
410 CALORIES, 41G CARBOHYDRATES, 31G PROTEIN, 15G FAT (3G SATURATED), 90MG CHOLESTEROL, 1,420MG SODIUM, 11G FIBER.

HOMEMADE CINNAMON APPLESAUCE

SERVES 8
ACTIVE TIME: 40 MINUTES
TOTAL TIME: 40 MINUTES

Applesauce is a versatile dish. It works as a side, particularly with pork and turkey dishes. It's also a light dessert and a great snack — and, most important, it's a winner with kids. When applesauce is homemade, you can determine the sweetness, spiciness, and flavor.

COME CLEAN

One of the most important kitchen habits to emphasize is cleaning up as you go along. Teach kids to put things away as soon as they use them. That way, there won't be an intimidating pile of vegetable scraps or containers of flour and sugar that need to be attended to at the end of cooking. Pile dishes for washing neatly and wash them as the various dishes cook. There will then be very little work to do after dinner — and kids can fully enjoy presenting the meal and exclaiming, "I made that!"

Note: *An easy way to make applesauce is using a food mill, available at any kitchen supply store. The most common style of food mill is shaped like a pot, with fine holes at the bottom. A flat blade pushes food through the holes when you turn a crank. With this gadget, there's no need to peel or seed the apples.*

3 lb. firm McIntosh apples (about 10)
1½ tsp. honey or to taste (optional)
1 Tbsp. lemon juice
½ tsp. ground cinnamon

1. If you have a food mill, cut each apple into 4 pieces and place them, seeds and all, into a large pot. If you don't, peel and core apples before cutting into pieces. Cook over medium heat, stirring occasionally, until apples become soft, about 10 to 12 minutes.
2. Remove apples from pot and put them directly into food mill. Process into a large bowl. Alternately place in a large bowl and mash using a potato masher.
3. Taste. For a sweeter applesauce, mix in honey. Stir in lemon juice and cinnamon. Taste again, and add more honey, cinnamon, or lemon juice, if desired. Serve either warm or cold.

What Kids Can Do

Cut apples into pieces
Mash apples
Add flavoring.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
90 CALORIES, 25G CARBOHYDRATES, 0G PROTEIN, 0G FAT (0G SATURATED), 0MG CHOLESTEROL, 0MG SODIUM, 4G FIBER.

Michele Haward, RD, owns and operates Measuring Up! Cooking for Kids, a cooking school for children based in Maine.

Our Organic Connection

At Hannaford, we offer a wide variety of organic wines. We make sure to tag all these "green" wines so they're easily found in our wine section. And we have a special connection with our organic wines. Also based in New England, our major supplier is the country's premier organic-only importer of wine. What this means is we get certain organic wines first, we get bottles unavailable to anyone else — and we get great deals, which we share with you.

Why buy organic wine? These are wines made from grapes grown without the use of synthetic fertilizers, weed killers, or pesticides. Buy them and you support the tireless efforts of growers committed to sustainable agriculture. You'll appreciate the often richer flavor of wines from grapes whose roots must dig deep to find nutrients, instead of having them applied from above. Extensive root systems help plants resist bad weather and insects and produce vines with a higher yield of more flavorful fruit.

Sulfites are another hot topic when it comes to choosing organic wines. Although only a tiny percentage of the population has a sensitivity to sulfites, many people buy organic wines because they contain only the sulfites naturally occurring in grapes. You'll see "NSA," no sulfites added, on many organic wine labels. Generally, people are sensitive to wine for other reasons, mostly the histamines in grape skins, which are also lower in organic wines.

Our organic selection includes bottles from France, Italy, Spain, and the United States — and its growing every day. Some favorites for fall include the refreshing **Bonterra Chardonnay**, the medium-bodied **Domaine Picheral Merlot**, and **Our Daily Red**, perfect for casual gatherings. **Orleans Hill** wines, like their picnicky Cote Zero, great for grilling Syrah NSA, and stew-friendly Zinfandel, span the season deliciously.

— Monica Velgos with contributions from Tom Hansen, Hannaford's Fine Wine Buyer

PHOTOGRAPHS: NEIL CRAMER, GEORGE NICHOLS

Organic & Natural

A Natural Commitment

At Hannaford, sharing our passion includes offering products and knowledge that promote health and well-being for you and for our planet. Our commitment includes offering over 3,000 organic and natural grocery items, and over 100 organic produce items, that are good for you as well as our environment.

Hannaford is proud to be the largest certified organic supermarket in the Northeast.

Hannaford

For the love of food

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